

The Accomplished Ladies Rich Closet

O F
R A R I T I E S:
O R, T H E

Ingenious Gentlewoman and Ser-
vant-Maids Delightful Companion.

Containing many Excellent Things for the
ACCOMPLISHMENT of the FEMALE SEX,
after the exactest Manner and Method, Viz.

- (1.) The Art of Distilling. (2.) Making Arti-
ficial Wines. (3.) Making Syrups. (4.) Conserving,
Preserving, &c. (5.) Candyng and Drying Fruits, &c.
(6.) Confectioning. (7.) Carving. (8.) To make
Beautifying waters, Oyls, Pomatums Musk-balls, Per-
fumes, &c. (9.) Physical and Chyrurgical Receipts.
(10.) The Duty of a Wet Nurse; and to know and
cure Diseases in Children, &c. (11.) The Compleat
Chamber-Maids Instructions in Pickling, making
Spoon-meats, Washing, Starching, taking out Spots
and Stains, Scowring Gold or Silver-Lace, Point, &c.
(12.) The Experienced Cook-Maid, or Instructions
for Dressing, Garnishing, making Sawces, serving
up; together, with the Art of Pastry. (13.) Bills
of Fare. (14.) The Accomplished Dairy-Maids Di-
rections, &c. (15.) The Judicious Midwives Di-
rections, how Women in Travail before and after
Delivery ought to be used; as also the Child; and
what relates to the Preservation of them both.

To which is added a Second Part, Containing
Directions for the Guidance of a young Gentle-
woman as to her Behaviour & seemly Deportment, &c.

The Third Edition, with Additions, Cor-
rected and amended.

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ing to Order.

THE
PREFACE
TO THE
READER.

Reader,

IN consideration that variety is most taking, especially of such things as are highly necessary; I have thought it convenient, not only for Delight, but for the Accomplishment of the Female Sex, to set forth what must undoubtedly turn to their advantage, and consequently more than a Preface can express, or a sudden conception bring forth, if seriously and deliberately considered, to a degree of Practice; for indeed without industry,

The Preface to the Reader.

the smallest matter cannot be brought to
perfection. Things Natural and Artifi-
cial from their Original to Labour and In-
dustry; the first to the visible and insen-
sible Workings of Nature; the second to
that of the Creature: nor without these
could the World subsist. But to come
nearer the subject-matter.

In the following Treatise you will find
not only Approved Rules, Instructions and
Directions for particular persons, whose
ability and leasure may contribute in an
extraordinary manner to the highest Ac-
quirement, but such as are suitable to all
degrees and capacities; such as must con-
tribute to the Advancement of each Indi-
vidual Female, to a Station that may ren-
der her acceptable in the Eyes of great ones,
or at least create her a good. repote, and
pronounce her happy, though moving in a
lower Sphere. All that we can term Ac-
complish'd in Female Conduct, is briefly
to be found in the following Pages; di-
gested into so easie and plain a method,
that it will, no doubt, insensibly attract
the

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the desire of the Reader to make an Essay; and that Essay being found both profitable and delightful, will carry her further in the progress of Pleasure and Advantage, till she confesses the Time and Cost was well bestowed, and becomes an Admonisher of others to make the like improvement; nothing of this nature being more exact in directing the Female Sex in what is seemly and profitable from Infancy to extremity of Age, and is a fit Companion upon all commendable occasions, in whatsoever state or condition, even from the Lady, to the inferiour Servant-Maid; being a Directory, in which nothing necessary for the Accomplishment and Qualification of the Sex is omitted, in relation to Education, Breeding, good Manners, courtly Deportment, prudent Conduct, and Management of Affairs, being the very Quintessence of whatever has been practised or published, and more perhaps than can probably be expected in so small a Book. But thinking no labour too much to advantage the fair Sex, I have travelled through the World of Curiosities,

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ties, to furnish out this Cabinet of Rarities, in hopes it will find a kind acceptance, and turn to the Advantage of those who rightly consider it. In expectation of which, I remain,

LADIES, &c.

Yours to serve you,

in what I may,

John Shirley.

The

The Accomplished Ladies Rich Closet
of Rarities, &c.

C H A P. I.

Rules and Directions for a Gentlewoman in the Art and Way of Alimbecking, Distilling and making sundry sorts and kinds of Waters Physical, Chymical, and pleasantly useful on divers occasions; with the Order, Manner of Composition, and Quantity of Ingredients, &c.

A Limbecking and Distilling are held by many to be Learned, or taken by the Ancients from the Operation of the Sun in its effectually Exhaling the Sublunar moisture, and Rarifying the gross and indigested Vapours in a more subtil Region; and indeed Distillations participate of a Solar Vertue, as being by their penetrating Qualities, and insensible Operations, more quick, subtil and enlivening. Wherefore I have thought it highly convenient to give Directions in this Chapter, how to Distil and draw off such Waters from Herbs, and other Cordial matters, as may contribute to the preservation of health, and wherewith a

Gentlewoman, being furnished, may be instrumental in saving the Lives, or at least in doing good to her poor Neighbours: And in this case the Simples that are to be put into the Still together to draw off your compound Waters, which indeed are the most effectual in their Operations, ought to be considered: The several Directions for which, take as followeth.

A distilled Water, good to prevent the Danger of Infectious Air, Plague, Pestilence, &c.

Take the buds, or green husks of Walnuts, or the leaves of that Tree, a handful; of Rue the like quantity, and as much Basil: bruise them, and add of Mugwort, Camdine, Angelica, Agrimony, Pimpernel and wild Dragons or Snap-dragons, each half a handful: bruise them as the former, and being put into an Earthen-pot or Glass, pour on them a Gallon and a half of White or Rhenish-wine, and let them stand four day, afterward putting the Wine and the Herbs in an Alembick, draw off the Quintessence: or it may be done, for want of conveniency, in a cold Still.

The Famous Water, called Dr. Stevens's Water, is made to the best advantage; thus,

Take a Gallon of French Wine, of Cloves, Mace, Carraways, Coriander and Fennel-seeds, Gallinga, Ginger, Cinamon, Grains, Nutmeg, Anniseed, of each a dram: to these add Cammomil, Sage, Mint, Rue, red Roses, Peletory
of

Phyſical and Cordial Waters. 11

of Wall, wild Marjoram, wild Thyme, Lavender, Penny-royal, the Roots of Fennel, Parsley and Setwall, of each four Ounces; and having bruised them, put them into two quarts of Canary, and the like quantity of Ale; and then having ſtood ſixteen hours, with often ſtirring, draw off the Quinteſſence by Alembick over a ſoft fire.

This Water is a wonderful fortifier of Nature in all cold Diſeaſes, preſerving Touth, comforting the Stomach, and is given with ſucceſs to ſuch as are afflicted with the Stone or Gravel.

Cinamon-Water is properly made thus,

Take half a pound of Cinamon, bruſe it and ſteep it in a quart of White-wine, a quart of Roſe-water and a pint of Muſcadel, twelve hours, with often ſtirring; and from this Alembick three pints, which will not be only pleaſant, but fortifie Nature, and reſtore loſt vigour.

To make Roſemary-Water.

Take the Flowers and Leaves of Roſemary in their prime, half a pound, and four ounces of Elicampane Roots, a handful of Red-Sage, three ounces of Cloves, the ſame quantity of Mace, and twelve ounces of Annifeeds: beat the Herbs together, and the Spices ſeparately, putting to them four Gallons of White-wine; and after a Weeks ſtanding, Diſtil them over a gentle fire.

Spirit

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Spirit of Wine how to make it.

To Distil, or rather Alembick, Spirit of Wine, is to draw off any Wine you think fit over a gentle fire to what height you please, by often rectifying it; and is very good moderately taken, in cold distempers, or to mix with Cordial Waters of a cooler nature.

To make Treacle-Water excellent good, in case of Surfeits, or the like disorders of the Body.

Take the Husks of green Walnuts, four handfuls, of the juyce of Rue, Cardus, Mari-golds and Baum, of each a pint; green Petasitis Roots one pound, Angelica and Masterwort, of each half a pound; the Leaves of Scordium four handfuls; old Venice-Treacle and Mithridate, of each eight ounces; six quarts of Canary; of Vinegar three quarts, and of Lime-juyce one quart; which being two days digested in a Bath in a close Vessel, Distil them in Sand, &c.

A Cordial Mint-Water is thus made.

Take two handfuls of Mint, green, two handfuls of Cardus, and one of Wormwood, and soak them in new Milk; being bruised, and after three or four hours infusion, draw off the water by way of Distillation, and keep it close topped for your use, it being excellent good in case of pains in the Belly or Stomach.

An excellent Water for Sore Eyes, or to Restore the sight.

Take Smallage, Rue, Fennel, Vervein, Agrimony, Scabeous, Avens, Hounds-tongue, Euf-
frace,

frace, Pimpernel and Sage, of each a handful ; Roach-Allom half an ounce, Honey a spoonful, dissolved in Rose-water : Distill them in a cold Still ; and when you use it, put in a little Allom and Honey, and suffer it to dissolve, washing your Mouth with it Evening and Morning.

An excellent Water for a Canker.

Take of the Bark of an Elder tree, Sagrel and Sage, of each two handfuls : Stamp them well, and strain out the Liquid part ; mingling it with double the quantity of White-wine ; and often with a Feather dipped in it, wash the Sore, &c.

A Water very good for a Fistula.

Take a pint of White-wine, an ounce of the Juyce of Sage, Borace in Powder three penny-weight, Camphire powder the weight of a Great : Boil them two hours over a gentle fire ; strain them through a Woollen-cloth ; and being cold, wash therewith the place grieved.

An excellent Water to cleanse any filthy Ulcer.

Take of the Water of Plantane, and that of Red Roses, each a pint ; the Juyces of Houfleeke, Nightshade and Plantane, of each a quarter of a pint : Red Roses half a handful, Myrtle, Cyprus-nuts, of each half an ounce ; of the Rhind of Pomgranate three drams St. John's Wort half a handful, Flowers of Molleyn half as much, Myrrh, Frankincense, each a scruple ; Honey of Roses a pound and four ounces : Distil them together, and of the Water take a pint, and

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and dissolve in it six ounces of Conserve of Roses, and one ounce of Syrup of dry Roses with twelve drops of the Oyl of Brimstone, and wash the place grieved.

An excellent Water for the Heats and Inflammation of the Eyes.

Take of Aloes Epatick, fine Sugar, Tutty-stone powdered, each an ounce; of Red and White Rose-water, each a pint: put them in a double Glass, and set them in *Balneo Maria* five or six days, often shaking them, and with a Feather dipped in it, wash your Eyes as often as you see occasion, as likewise your Forehead and Temples.

An excellent Water for a sore Leg, or for a Cancer in any part or place.

Take of Woodbine-leaves, Ribwort, Plantane, Abinte, of each a handful clarified; English Honey three spoonfuls, Roach-Allum an ounce: put them into three quarts of Running-water, and let them seeth till a third part be consumed; then strain out the liquid part, and keep it in a new glazed Earthen-pot for your use, washing the afflicted place with it twice a day.

A Water to turn back the Rheum that afflicts the Eyes.

Take of red Rose-water six ounces, White-wine and Eye-bright-water, of each the like quantity; *Lapis Tuttie* three scruples, Aloes Epatick the like quantity, fine Sugar two ounces:

ounces : put them into a Glass with a narrow neck, and set them in the Sun for the space of thirty days, shaking them twice a day, and then with the liquid part wash the Eye-lids, Temples, Forehead, and the Nape of the Neck.

An excellent Water to cool the Liver and Heart ; as also in case of a Fever, Surfeit, or Ill Digestion.

Take two handfuls of Wood-sorrel, the like of Barbary leaves, half a dozen Plantane-roots washed and sliced, two ounces of Mellion-seed; of Comfry and Borrage flowers, each an ounce : steep them in a Gallon of fair water, well sweetned with Sugar-candy, and distil them, giving the party grieved two ounces of the Water, with an ounce of the Syrup of Citron or Lemon.

An excellent Water for an Internal Bruise.

Take two handful of Scabeous flowers of Penny-royal, Cammomeil, Smallage and Bay-leaves, each a handful : Mirrh pulverized, half an ounce ; Harts-horn two ounces, and two quarts of Mallaga-wine : bruise the Herbs, &c. in the Wine, and then distil them altogether, and let the party drink two ounces of the Water Morning and Evening.

An excellent Water for the Stone, to provoke Urine, and prevent Stoppage, &c.

Take two quarts of new Milk, Saxifrage, Parsley, Pellitory of the Wall, Mother, Time, green Sage, Radish-roots sliced, of each a hand-

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handful: steep the Herbs and Roots over night in the Milk, and Distil them the next morning: which done, mingle six Spoonfuls of the Water, with as much White-wine; into which grating a third part of a Roasted Nutmeg, drink it off; and so continue to do divers times, and you will find extraordinary benefit thereby.

Poppy-Water, how to make it.

Take two pound of red Poppy-leaves, half an ounce of bruised Cloves, and the like quantity of sliced Nutmeg: steep these in a quart of Canary, and after two hours standing, put them into your Still, and draw off the Water over a gentle fire.

Cordial Angelica-Water is made thus.

Take of *Cardus Benedictus* a handful well dried, of Angelica-roots three ounces, of Nutmeg, Cinamon and Ginger, each an ounce; of Mirrh half an ounce, and one dram and a half of Saffron; of Cardamums, Cubebs, Galin-gal and Pepper of each a quarter of an ounce: bruise them and steep them in two quarts of Canary, and draw them off with a common Still.

Aqua mirabilis is made thus.

Take three pints of White-wine; of the Juyce of Celendine and *Aqua vita*, each a pint; Cardamer, and the Flowers of Meliot, a dram of each; of Cubebs, Gallin-gal, Cloves, Mace and Ginger, of each a dram: bruise them and put

put them to the Liquor, where soaking all night, the next Morning set them on a *Still* in glass Alembick, and draw off the Quintessence.

The Water prevents the Putrefaction of the Blood; is good in case of the swelling of the Lungs; removes the Heart-burn, and purgeth Flegm and Melancholly, &c.

Divers other Waters of Physical Vertue I might mention; but having many things yet to propose, and intending brevity, I shall proceed from *Distilled Physical Waters*, to give Directions for making *Artificial Wines*, &c. and as for such Waters as are for *Beautifying*, shall treat of them in another place.

C H A P. I I.

Instructions for a Gentlewoman how to make Artificial Wines, and other pleasant Liquors, necessary and profitable both for Sale, and to be kept in private Houses for the Accommodation of Friends, &c.

AS there are many pleasant Liquors made rather Artificial than Natural, so it will not be amiss to say something of them, which for variety may not prove pleasant only, but profitable, and are very commendable to be kept in the House for the Entertainment of Friends and Strangers; who being perhaps rarely

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rarely used to such, will set a value on them above any other. But to the purpose :

To make Cherry-Wine.

Stone your Cherries before they are too ripe, press them in a Press, or through a clean cloath, and let the Juyce settle, then draw it off, and bottle it up with half an ounce of Loaf-Sugar, and a piece of Cinamon in each Bottle, and tying the Cork down, let it stand six weeks ; and then being opened, it will drink pleasant and brisk.

Hypocrass is made thus.

Take a Gallon of White or Rhenish-wine, and put to it two pound of Loaf-Sugar, Cinamon, Mace, Pepper, Grains, Galingal and Cloves of each a quarter of an ounce ; bruising the Spices, and putting them into the Wine ; in which they having been close covered for the space of ten days, draw off the Wine, and renew it with other Wine, and an addition of Sugar : and so you may do three or four times, but the first is the best ; nor is there a pleasanter Liquor imaginable.

To make Wormwood-Wine.

Take a Gallon, or what quantity you think fit, of the smallest White-wine ; put into it the peel of two Lemons, half an ounce of Mace, and a quarter of an ounce of Cinamon ; adding a pound of White-Sugar to each Gallon, and stop them up close in a Vessel ; and after they have stood six days, you may draw off the Wine, and put it up in Bottles. Ras-

Artificial Wines and other Liquors. 19

Rasbery, Strawberry, or Curran-wine, may be made as that of Cherries, but the Liquor being boiled up with the Sugar before the Spices are put in, will keep the longest. An excellent Liquor may be likewise drawn from Plumbs, of pleasant taste, dissolving in some of the Liquor hot, two or three Spoonfuls of New-Ale-Yeast to make it work; and afterwards keep it in a cool place, that it may Rarifie the better.

Goosberry-wine is made the same way, only adding some blades of Mace, and slices of Ginger: As for the Wine of English Grapes, only Rarifie it with fine white Sugarcandy beaten into Powder. And since there are other pleasant Liquors besides these, I think it not improper to say something of those that are most in request.

To make the best Sort of Mead.

Take a quart of Spring-water, and three quarts of small Beer, as clear as may be; add to them a pound and a half of clarified Honey, two ounces of the Distilled Water of sweet Marjorum, three or four sprigs of Rosemary and Bays: boil them together on a gentle fire, ever scumming off what rises to the top, and then put it into a Vessel to purge, six days after which Bottle it up for your use.

To make Steponcy, a Liquor formerly much in Use.

Take a Gallon of Spring-water, stone a pound

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pound and a half of the best Raisins of the Sun, and putting to them half a pound of fine Sugar, press upon them the Juyce of three Lemons; slicing likewise the peel, and adding to the Water a quart of White-wine; boil it, and when it is boiling-hot, pour it into a pot upon the Raisins, Sugar, &c. and stopping it close, let it stand six hours; after that stir it about, and let it stand two days more; at the end of which strain it, and press the Raisins; and when you find the Liquor clear, put it up into Bottles for your use.

Cock-Ale is thus made.

Take a young Cock, and having ston'd four pound of Raisins of the Sun, boil them and him in fair water, and then slice four Nutmegs, adding to them an ounce of Mace, and half a pound of Dates: beat them well, and put them into two quarts of Canary; and having added to them the boiled Liquor, in which the Cock must be boiled in a manner to pieces: strain the Liquor, and press what is solid; and after your Ale has done working, pour it in, and stop it down close; two quarts is sufficient for a Barrel; then Bottle it up, and in a Month it will be fit to drink.

To make Rack, an Indian Liquor.

Take a quart of Water, a pint of Brandy, and a pint of Canary; add half an ounce of beaten Ginger, and the like quantity of Cinnamon, the Juyce of four Lemons, and two ounces of

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of Rose-water, with half a pound of fine Loaf-Sugar; put into it a hot Toast, it being well stirred, it is the Prince of Liquors.

Choccolate is made with *Choccolate*, Milk, Eggs, White-wine, Rose-water, and Mace or Cinamon, which the party fancies, they being all boiled together over a gentle fire; two ounces of *Choccolate*, eight Eggs, half a pound of Sugar, a pint of White-wine, an ounce of Mace or Cinamon, and half a pound of Sugar, answering in this case a Gallon of Milk.

Many other Liquors there are, as *Metheglin*, *Perry*, *Syder*, *Bracket*, *Tea*, *Coffee*, &c. But the way of making them being vulgarly known, I shall spare my Instruction, and proceed to Directions for making Syrups.

C H A P. III.

Instructions for a Gentlewoman in preparing and making Physical and Cordial Syrups, pleasant and profitable on sundry occasions, &c. Highly necessary to be kept in Families for the preservation of Health, &c.

SYRUPS are of two kinds, one Physical, and the other pleasant and useful on sundry other occasions: But of these I shall treat without distinction, the use of them being so publickly known, and indeed it is improper here to insert it. But to proceed. *To*

To make Syrup of Clove-Gilliflowers.

Take the red part of the Flowers, separated from the white, to the quantity of half a peck; let them soak a night in Spring-water, then boil them, and add to them a Gallon of Water wherein they were boiled, and into which, after boiling, they have been strongly pressed, twelve pound of white Sugar, and half a pint of Rose-water, then boil up the Liquor with the Sugar into the thickness of a Syrup, and keep it for your use. Some there are that make it without fire, but in my opinion this way must be the best for keeping.

To make Syrup of Violets.

Take the Flowers of the blew Violets, clipping off the Whites, and to a pound of them add a quart of boiling-water, and four pound of white Sugar; stirring them together, and stopping them close in an Earthen Vessel four days; then strain them, pressing out the liquid part; which being moderately heated on a gentle fire, will thicken into a Syrup.

To make Syrup of Wormwood.

Take Roman Wormwood (the Leaves only) half a pound; Leaves of red Roses, the Flowers, two ounces; Indian-spike three drams; of the best White-wine a quart, and the like quantity of the Juyce of Quinces; or for want of it, Syder: bruise and infuse them for the space of twenty six hours; then boiling them till the liquid part is half consumed, strain

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Strain out the remainder, and adding two pounds of Sugar ; boil it up into a Syrup.

To make Syrup of Lemons.

Take a Gallon of the Juice of sound Lemons, strain it, and let it clarify, and boil it with six or seven pounds of fine Sugar, till it be of the thickness of a Syrup, and sweet enough for your purpose.

An Excellent Syrup to preserve the Lungs, and for the Asthma.

Take of Nettle-water and Coltsfoot-water each a pint, Anniseed and Liquorish powder, each two Spoonfuls, Raisins of the Sun one handful, sliced Figs, number four : boil them together till a fourth part be consumed, strain the liquid part, and make it up into a Syrup, with a pound of white Sugar-candy bruised to Powder, and take two Spoonfuls of it each morning fasting.

An Excellent Syrup to open Obstructions, and help the shortness of Breath.

Take Hyssop of the first years growth, and Penny-royal, of each a handful ; stamp them, and strain out the Juice, and add of English Honey the like proportion : heat them in a stew-dish over a Chafing-dish of Coals till the Juice and Honey be well incorporated, and making it continually fresh, let the party afflicted take early each morning, and late each night, two Spoonfuls.

To

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To make Syrups of Roses by Infusion.

Take of the Water of Infusion of white Roses five pounds, clarified Sugar four pounds and boil them with a gentle fire to the thickness of a Syrup, then soak two pounds of fresh white Roses, in six pound of warm water, suffering them to stand for the space of twelve hours close covered, then ring them out, and put in other fresh Roses, and so continue to do till the Water has the perfect scent of the Roses, and then the Water is fitting for the Sugar to be dissolved in, and used as aforesaid.

This Syrup draweth from the Entrails choleric, and waterish humours, and is therefore fitting to be taken moderately by children, aged Persons, and such as are afflicted with the superabundance of either Choler or Flegm.

How to make Catholicum Majus.

Take of the four great cold seeds clean and of white Poppy seeds each a dram, Guaiacum dragant three drams, red Roses, yellow Sanders, Citron and Cinnamon each two drams, Ginger one dram, of the best and choicest Rubarb and Diacridum each half an ounce, Agarick, Turbith, of each two drams; white Sugar dissolved in Rose-water, wherein ten ounces of Senna have been concocted, one pound: make them into Tables of three samples, and let one Table be the dose.

It gathered humours from all parts of the Body and expells them without molesting health, impairs

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impairing of the strength, but rather fortifying nature, &c.

Syrup of Radish; how to make it.

Take of the Roots of Garden and wild Radishes, of each an ounce; of Saxifrage, Knee-holm, Borage, Sea-holly, Pettywhin, O Camemack or Ground-furz, Pasley, Fennel, each a half an ounce: the Leaves of Betony, Pimpernel, wild Time, Tendercrop, of Nettles, of Cresses, Samphire, Venus-hair, of each a handful: the fruit of Sleepy Night-shade and Jubebs, of each twenty: the seed of Basil, Burr, Parsley of Macedonia, Carroways, Sefeli, yellow Carrots, Grommel, Bark of Bay-tree Root, of each a scruple; Raisins-stoned, Licoras, of each a dram: boil them in ten pounds of water till four of them be consumed, then strain it, and with four pounds of Sugar, and half the quantity of clarified Honey, make the liquor: add part into a Syrup, over a gentle fire, adding an ounce of beaten Cinamon, and half the quantity of grated Nutmeg.

This being taken at convenient times, expelleth Gravel and Stone, and scowreth the Kidneys, if it be mixed with other lenitive and scowring matters; and also provokes Urine.

Syrup of Vinegar compound; how to make it.

Take of the best Wine-vinegar a Gallon, boil it, and take off the scum that arises; then stamp Endive, Maiden-hair and Wood-sorrel,

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sorrel, with Barbaries, or green Grapes; press out the Liquor, and put it into the Vinegar, to the quantity of a quart; boil them up till a fourth part be consumed, then add Six pounds of Sugar, or so much as will make it into a Syrup, and give two spoonfuls at a time with success, in case of any hot distemper or feavorish disorder of the Body, or to expell all gross Flegmatick Humours.

Oxymel simple; how to make it.

Take of the clearest Water and clarified Honey, of each four pounds; boil them till half the Water be consumed, then add of Wine-vinegar two pounds, and suffer them to boil to a Syrup. This Syrup extenuateth the gross humours, takes away slimy matter, and opens all Obstructions and *Asthma*, that is, Obstruction of the Lungs, with Flegm, from whence ariseth shortness of breath.

Syrup of Barberries is made thus.

Take your Barberries, picked from the stalks; boil them to a pulp, then strain and rarifie the Juyce; then boil it up, being six pounds, with six pounds of fine Sugar into a Syrup: or if you find that will not thicken it sufficiently, you may add more.

To make Syrup of Cowslips.

Take a gallon of the Distilled simple Water of Cowslips, and put into it half a peck of the flowers clean picked, the yellow part on

ly

ly; boil them up with the Water, and add to the liquid part, after it is strained from them, six pound of Sugar, heating it over the fire till it become a Syrup.

To make Syrup of Maiden-hair.

Take the Herb so-called to the quantity of six ounces, shred it a little, and add of Licorish-powder two ounces and an half, steep them twenty-four hours in three quarts and a pint of hot water: add five pounds of fine Sugar to the Liquor, after it is boiled and consumed a third part, and set it again on the fire till it become a Syrup.

To make a Syrup of Licorish.

Take of the Root Licorish newly drawn from the ground, two ounces, scrape it into Powder of Coltsfoot, four ounces of Maiden-hair and Hyssop, each half an ounce: infuse them twenty four hours in three quarts of Water, then boil them till a half part be consumed: which done, strain out the remainder, and with a pound of clarified Honey, and the like quantity of Loaf-sugar, boil it up into a Syrup.

To make Syrup of Citron Peels.

Take of the Peels of yellow Citron a pound, of the Berries, or Juyce of the Berries of Cherms, a dram; steep them a night in Spring-water to the quantity of two quarts, then boil them till a half part be consumed,

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and taking off the scum, strain it, then boil it up to a Syrup, with two pound and a half of Sugar.

To make Syrup of Harts-horn, or rather Harts-tongue.

Take of the Herb called *Harts-tongue* the Roots of both sorts, of Bugloss, Polipodium, of the Oak, Bark of Caper-roots, Tameris, Flops, Maiden-hair, Baum, of each two ounces: boil them in five quarts of Spring-water till a fifth part be consumed; to which add four pounds of fine Sugar, and boil it up to a Syrup.

To make Syrup of Cinamon, (which is excellent good in case of Faintings or cold Distempers.)

Take of the best Cinamon four ounces; bruise it and steep it in three pints of White-wine, and a pint of small Cinamon-water, three days by a gentle fire, add three pound of Sugar when it is strained, and boil it up to a Syrup.

To make the Syrup of Quinces.

Take three quarts of the Juyce of Quinces, let it be well settled and clarified; boil it over a gentle fire till half be consumed, then add three pints of Red-wine, with four pounds of white Sugar, and a dram and a half of Cinamon, and of Cloves and Ginger two scruples, and boil them up to a Syrup.

To

Cordial and Physick Syrups. 29

To make Syrup of Hyssop.

Take a handful of the Herb so called, Figs, Dates, and Raisins, of each an ounce: boil them in three pints of Water till a third part be consumed, strain and clarify the remainder with the Whites of two Eggs adding two pound of fine Sugar, and so make it up into a Syrup, and it will continue good a Twelve-month.

To make an Excellent Syrup for a Cough or Cold, or to restore decaying Lungs.

Take two quarts of Spring-water, put into it an ounce of Sydrack, half an ounce of Maiden-hair, two ounces of Elicampane-roots sliced: boil them in an Earthen-vessel till half be consumed, add more to the liquid part, strained off two pound of Sugar, and boil it up into a syrup; two spoonfuls of which, take morning and evening, being a wonderful Restorative.

To make Syrup of Elder, now greatly in use.

Take the Elder-berries fresh, when they are full ripe, strain out the Juyce, boil it till a third part be consumed; scum it clean, and add to a gallon, an ounce of Mace and six pound of Sugar, boiling it up to a Syrup.

To make Syrup of Roses.

Take a gallon of fair water, and a quart of White-wine, put into them when they boil, a peck of red Koses pickt, and let them boil

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till they appear white: then press them, and put them into the liquid part, and boil it often, adding the Whites of two Eggs well beaten, and a pound of Sugar to each pint of Liquor; and when you find it sufficiently thick, preserve it in Glasses or Earthen vessels close stopp'd, for your use.

To make Syrup of Vinegar.

Take of the Roots of Smallage, Fennel, Endive, of either three ounces; of the Leaves of Anniseed, Smallage, Fennel, Endive, half an ounce of each: boil them gently in three quarts of Spring-water till half be consumed, then strain and clarify it with three pound of Sugar, and add a quart of White-wine Vinegar, and boil it up to a syrup.

To make Syrup of Saffron.

Take a pint of Endive-water, two ounces of Saffron finely beaten, steeping it in the Water for the space of two days; at the end of which, strain out the Saffron, and with a pound of Sugar boil it up to a Syrup.

To make Syrup of Mint.

Take the Juyce of ripe Quinces, and of Pomgranates, of each a pint and a half: dried Mint half a pound, and of the Leaves of red Roses two ounces; let them steep a day and a night in the Liquor: boil it then till half is consumed, and add four pound of Sugar to make it into a Syrup.

These

Preserving, Conserving, &c. **IT**

These, as the most material, I thought fit expressly to mention; what remains, a Gentlewomans discretion, by these Rules, may direct her to perform. And so I proceed to give Directions for Preserving and Conserving, &c.

C H A P. IV.

Instructions for a Gentlewoman in Preserving and Conserving Fruits, Flowers, Roots, and what else is useful on sundry occasions for setting out Banquets, &c.

PReserving of Fruits, Roots and Flowers, &c. to be at hand for ornament or taste, is, no doubt, a curious Art; wherefore that a Gentlewoman should not be ignorant of such Curiosities, I shall insert many Directions worthy to be observed, and at the same time speak something of Conserving, &c.

To Preserve Mulberries.

Strain two quarts of the Juyce of Mulberries, and add to it a pound and a half of Sugar; boil them together over a gentle fire, till they become in a manner a Syrup, then put into it three quarts of Mulberries, not over ripe; and after they have had one boil, take them off, and put them together, with the Liquor, into an Earthen-vessel, stop them close and keep them for your use.

32 *Preserving, Conſerving, &c.*

To Preſerve Goosberries.

Take them before they be over-ripe, cut off their ſtalks and tops; and if you have leaſure, ſtone them; then laying in an Earthen-veſſel a Layer of Sugar, lay upon it a Layer a Goosberries; and ſo do between every Lay, till your Veſſel be almoſt full: then add about a pint of Water to fix pound of Goosberries; and the Goosberries having before been ſcalded, ſet them in this manner over a gentle fire, and let the Sugar melt: when being boiled up, you may ſtop them up, and reſerve them for your uſe.

To Preſerve Cherries.

Take your Cherries when they are in their prime, and ſcattering ſome Sugar and Roſe-water at the bottom of your Preſerving-pan, put them in by degrees, ſtill caſting in your Sugar, remembring there be put an equal weight of either; and being ſet on a quick fire, you may add a pint of White-wine, if you would have them plump; and when you find the Syrup boil'd up ſufficiently, take them off, and put them into your Gally-pots for uſe.

To Preſerve Apricoks.

Obſerve when they are moderately ripe to pare and ſtone them, laying them a night in your Preſerving-pan amongſt Sugar, it being layed in Lays, and in the morning put a ſmall quantity of fair Water or White-wine, and ſet

set them on Embers, and by increasing a gentle fire, melt the Sugar; when being a little scalded, take them off, and letting them cool; set them on again, and boil them up softly till they are tender and well coloured, at what time take them off, and when are cool put them up in Glasses or Pots for your use.

To preserve green Walnuts.

Observe to gather them on a dry day, before they have any hard shell, and boil them in fair water till they lose their bitterness; then put them into cold water, and peel off their Rhine, and lay them in your Preserving-pan with layings of Sugar to the weight of the Nuts, and as much water as will wet it, so boil 'em up over a gentle fire; and again being cool, do it a second time, and put them up for your use. This way Nutmegs, with their green Husks, are Preserved.

To preserve green Pippins.

Observe to take them e're they are too ripe, chusing the greenest, pare them and boil them in water till they are exceeding soft, then take out the cores, and mingle the pulp with the water, ten Pippins and two pound of Sugar, being sufficient to boil up a Pottle of water; and when it is boiled to a thickness, put in the Pippins you intend to Preserve, and let them boil till they contract a greener colour than natural. And in this manner you

34 *Preserving, Conseruing, &c.*

may preserve Plumbs, Peaches, Quinces, or any thing of that kind that you are desirous to have green and pleasant.

To preserve Barberries.

Observe that you chuse the fairest bunches, gathered in a dry day, and boil several bunches in a Pottle of Claret till they are soft: strain them then, and add six pound of Sugar and a quart of Water; boil them up to a Syrup, and your Barberries scalded into the Liquor, and they will keep the year round.

To preserve Pears.

Observe that you gather those that are sound, not over-ripe, and laying at the bottom of an Earthen-pot or Pan, a laying of Vine-leaves, lay another laying of Pears upon them, and so do till the Pot is full: then to a pound of Pears add half a pound of Sugar, and as much fair Water as will dissolve it over a gentle fire; where suffer them to boil till they are somewhat soft, and then set them by for your use.

To preserve Black Cherries.

Pluck off the stalks of about a pound, and boil them in Sugar and fair Water, till they become a pulp, then put in your other Cherries, with stalks, remembring to put half a pound of Sugar to every pound of Cherries; when finding the Sugar to be boiled up to that thickness that it will rope, take them off and set them by, using them as you see convenient. *To*


Preserving, Conserving, &c. 35

To preserve Eringo Roots.

Take of the Roots that are fair and knotty two pound, wash and cleanse them, then boil them over a gentle fire very tender, after that peel off their out-most Rind, but beware of breaking them after they have lain a while in cold water; put them into your Sugar boiled up to a Syrup, allowing to each pound of Sugar three quarters of a pound of Roots; which boiling a short time over a gentle fire, you may set them to col, and then put them up for your use.

As for Elicampane-Roots, scrape and cut them thin to the pith, in lengths about your finger, and put them into water, which you must often shift to take away the bitterness; at which rate, being used twenty days, put three quarters of a pound of Sugar to every pound of Roots, the Roots being first boiled tender over a gentle fire till you find the Sugar has sufficiently taken; and then being cool, put them up in a Gally-pot or Glass: And much at the same rate you may manage any thing of this or the like nature, as Grapes, Peaches, Plumbs, &c.

Conserving Flowers or Fruits is somewhat different from this: Wherefore for the better instruction, I shall say something concerning it.



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To Conserue or keep any sort of Flowers, as Roses, Violets, Cowslips, Gilliflowers, &c.

Take your Flowers well blown and cleane picked, bruisse very small in a Mortar, with three times the weight of Sugar; after which take them out, and put them into a Pipkin, and having thorowly heated them over the fire, put the Conserue up in Gally-pots for your use.

To Conserue Strawberries.

Strain them, being first boiled in fair water and boil the pulp in White-wine and Sugar as much as is convenient to make them stiff, &c. And thus you may Conserue any sort of Fruit, the difference not being great between this and making Fruit Paste; of which I shall speak hereafter.

C H A P. V.

Instructions for a Gentlewoman in Candyng Fruits, Flowers, Roots, &c. As also in drying Fruits, and other things necessary to be obserued, after the exactest and newest Mode and Method, &c.

CAndying Fruits, Roots and Flowers, being an excellent way of rendring them pleasant and lasting, is the next thing intended to be discoursed on; Directions for which take as followeth.

To

Candying and Drying Fruits, &c. 37

To Candy Ginger.

Take the fairest pieces, pare off the rind, and lay them in water twenty-four hours; and having boiled double-refined Sugar to the height of Sugar again; when it begins to be cold, put in your Ginger and stir it till it is hard to the Pan; when taking it out piece by piece, lay it by the fire, and afterward put it into a warm Pot, and tye it up close, and the Candy will be firm.

To Candy Orange-peel.

Take Peels of the best Civil Oranges, the meat being taken out, and put them into Water and Sugar boiling-hot; where being well softned, boil Rose-water and Sugar up to a height, till it becomes Sugar again; then draw your Peels through it, and dry them in an Oven or Stove, or before the fire.

To Candy Cherries.

Take them before they are full ripe, stone them, and having boiled your fine Sugar to a height, pour it on them gently, moving them, and so let them stand till almost cold, and then taken out and dried by the fire, &c.

To Candy Elicampane-Root.

Take them from the Syrup in which they have been Preserved, and dry them with a cloth; and for every pound of Roots, take a pound and three quarters of Sugar: boil it to a height, and dip your Roots into it when hot, and they will take it well.

To

38 *Candying and Drying Fruits, &c.*

To Candy Barberries.

You must take them out of the Preserve and wash off the Syrup in warm water, then sift fine Sugar on them, and put them into an Oven or Stove to dry; stirring or moving them the mean while, and casting more Sugar upon them till they are dry.

To Candy Grapes.

You must take them after they are Preserved, and use them as the former.

To Candy Eringo-Roots.

Take the Roots pared and boiled to a convenient softness, and to each pound add two pound of fine Sugar, clarify it with the whites of Eggs that it may be transparent; and being boiled to a height, dip in your Roots two or three at once, and afterwards dry them in an Oven or Stove for your use. And in this fashion you may Candy any thing as to Fruit or Roots, to which, Candying is proper. And as for Flowers, which that way are pleasant and ornamental, you may Candy them after the following manner with their stalks and leaves, *viz.*

Take your various sorts of Flowers, cut the stalks, if they are extraordinary long somewhat shorter; and having added about eight spoonfuls of Rose-water to a pound of white Sugar, boil it to a clearness; and as it begins to grow stiff and cool, dip your Flow-

ers into it; and taking them out presently, lay them one by one in a Sieve, and hold it over a Chafing-dish of Coles, and they will dry and harden.

To dry Plumbs, Pears, Apples, Grapes, or the like.

You must first Preserve them, then wash or wipe them; after which set them upon Tin plates in a Stove, or for want of it an Oven, not too hot, and turn them as you see occasion; observing ever to let them have their stalks on.

These things more especially being fit to be understood by a young Gentlewoman, I have spoken of them in order: And since there are many other things necessary, of which I have said nothing, I shall proceed to give Instruction, as they occur, which I hope will prove altogether as profitable.

CHAP. VI.

Instructions for a Gentlewoman in making of Marmalade, Paste of Fruit, Artificial Fruit, Jellies of Fruit, Quiddanies, Fruit-cakes, Honey, Conserve for Tarts, Maccaroons, Comfits and Confections, after sundry forms and manners.

To make Marmalade of Oranges.

PAre your Oranges as thin as may be, and let them boil till they are soft in two or three waters, then take double the number of

of good Pippins; divide them and take away the core; boil them to Pap without loss of their colour: strain the Pulp, and put a pound of Sugar to every pint; then take of the Pulp of the Oranges, and cut the peels and boil it till it is very soft: bruise it in the Juyce of two or three Lemons, and boil it to a thickness with your Apple-pap, and have a pint of Rose-water.

To make Paste of Cherries.

Boil the Cherries till they come to be very soft, and strain the Pulp through a fine Sieve, and add a pound of Sugar to a pint: stiffen it with Apple-pap, and boil it up to a height, then spread it upon Plates and dry it.

To make Marmalade of Grapes.

Take the ripest Grapes, gathered in a dry day, spread them upon a Table where the Air and the Sun may come at them; after which take from them the stalks and seeds, boiling the Husk and Pulp, or Juyce in a Pan, with often scumming, whilst it is reduced to a third part, and then let the heat be gentle; and when you find it thickned, strain it through a Sieve; and boiling it once more, add a small quantity of fine Sugar, or the Powder of white Sugar-candy, and so put it up in Pots covered with Paper for your use.

To make Honey of Mulberries.

Take the Juyce of the black Mulberries, and add

nd to a pound an half of their Juyce two
und of clarified Honey, and boil them up
th often scumming till a third part be con-
med.

make Jelly of Quinces, Currans, or Goosberries.

Take the Fruit, and press out the Juyce,
arifie it, and add to each quart a pound of
gar, clarified and boiled up to a Candy
eight; then boil them together till a third
art be consumed; then add a pint of White-
ine, wherein an ounce of Cherry-tree or
umb-tree Gum has been dissolved, and it
ill make it a perfect Jelly.

To make Lemon-Cakes, or Cakes of Lemons.

Take fine Sugar half a pound, to two oun-
es of the Juyce of Lemons, and the like quan-
ty of Rose-water; boil them up till they
ecome Sugar again, then grate into it, the
ind of hard Lemons; and having well incor-
orated them, put them up for your use into
offins, &c. being cold, and cover 'em with
aper.

Artificial Walnuts are thus to be made.

Take a Sugar-plate and print it like a Wal-
ut-kernel, yellowing the inside with Saffron;
hen take seraced Sugar and Cinamon, and work
hem with Rose-water, in which Gum-dragon
as been steeped, into a Paste, and print it in
Mould made like a Walnut-shell; and when
he Kernel and shell are dry, close them toge-

ther

ther with Gum-dragon or Gum-Arabick, they will deceive the Guest, who will take for real Walnuts.

To make Artificial Oranges and Lemons.

Take Moulds of Alabaster, made in the pieces, bind two of them together, and them lye in the water an our or two; boill to a height, in the mean time as much Syrup as will fill them: the which being poured in the Mould, and the lid put quickly on, it by suddenly turning will be hollow: And so in the case to the colour of the Fruit you cast, you must colour your Sugar in boiling.

To make Red Quince-Cakes.

Take the Syrup of Quinces and Barberries of each a quart; cut into it about a dozen Quinces free from rind and cores: boil till they are very soft, then strain the Juice or liquid part, and boil it up with six pound Sugar till it be Candy-proof; then take it out and lay it upon Plates, as thin as you think convenient, to cool.

Clear or transparent Quince-Cakes are made thus;

Take a pint of the syrup of Quinces, and a quart of that of Barberries: boil and clarify them over a gentle fire, keeping them free from scum; then add a pound and a quart of Sugar to the Juice, Candyng as much more, and putting it in hot, and so keeping it stirring till it be near cold, at what time spread and cut it into Cakes as the former.

To make Marmalade after the Italian fashion.
Take about thirty Quinces, pare them,
take out their cores, and put to them a quart
of water and two pound of Sugar; boil them
till they are soft, then strain the Juice and the
pulp, and boil them up with four pound of
Sugar till they become sufficiently thick.

To make white Quince-cakes.
Clarifie your Sugar with the Whites of
Eggs, putting to two pound a quarter of a
pint of water; which being boiled up, add
your Sugar, and highten it to a Candy: then the
Quinces being pared, cored and scalded, beat
them to pulp, and put them into the boiling sugar,
not suffering them to boil long before you
take them off, and lay them on Plates.

To make Maccaroons.
Blanch a convenient quantity of Almonds,
putting them into hot water: beat them
in a Mortar, strewing on them as you beat
them Seraced Sugar; and when they are well
mixed, add the Whites of Eggs and Rose-wa-
ter; and when they are of a convenient thick-
ness, drop the Butter on Wafers laid on Tin-
plates, and bake 'em in a gentle Oven.

To make a Leach of Almonds.
Take half a pound of Almonds blanched,
beat them in a Mortar, and add a pint of
new Milk, and strain them; add more, two
spoonfulls of Rose-water, and a grain of
Musk,

Musk, with half an ounce of the white
Ising-glass, and strain them a second time
your Use.

To make Sugar smell like Spice.

Lay lumps of Sugar under your Spice
sprinkle them with some of the distilled water.

*To make a Quiddany of Plumbs, Apples, Quinces
or any other Fruit that is proper.*

Take a quart of the liquor of the Preserved
Fruit, and add a pound of the Fruit
separated from the stone, rind or core :
mix it up with a pound of Sugar till it stands
on a knife-point like a Jelly.

*To make a Conserve for Tarts of any Fruit
will keep all the Year.*

Take the Fruit you intend, peel off
rind, and remove the core or stone,
put them into a Pot, and Bake them with
small quantity of Water and Sugar ; be-
fore Bak'd, strain 'em through a strong cloth
adding Cinamon, Sugar and Mace, very
finely seraced, boil them on a gentle fire
till they become as thick as a Jelly, and
put them up in Pots or Glasses stop
close, and they will have their proper
taste at any time.

To preserve Medlers.

Take the Fruit and scald them in fair
water till the Skin may be easily taken off,
stone them at the head, and add to

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nd, a pound of Sugar, and let them boil
the Liquor become ropey ; at what time
e them off, and set them by for your use.

To make Sweat-meats of any Apples.

Make your Gelly with those that are most
and pleasant, then cutting other Apples
nd-ways, put them into a Glass or Pot,
let them stand six days, then boil them
h the addition of a quarter of a pound of
ar, to a pound of Liquor, not breaking
m, but seasoning them further with the
ce of Lemons, Oranges, Cloves, Mace, and
suming them with a grain of Ambergrease.
make each sort of Comfits, vulgarly called
Covering-seeds, &c. with Sugar ; observe
as followeth.

You must provide a Pan of Brass or Tin,
a good depth, made with Ears to hang o-
a Chaffing-dish of Coles, with a Ladle
Slice of the same Mettal ; then cleanse
r Seeds from dross, and take the finest Su-
well beaten : put to each a quarter of a
nd of Seeds, two pounds of Sugar ; the
ds being first well dried, and your Sugar
lted in this order, put into the Pan three
nds of Sugar, adding a pint of Spring
ter, stirring it till it be moistened, and
fer it to melt well over a clear fire till it
oes, after that, set it upon hot Embers, not
ering it to boil, and so from your Ladle
let

let it drop upon the Seeds, and keep them in a Dish wherein they are continually moving between every Coat rub and dry them as much as may be; and when they have taken up Sugar, and by the motion are rolled into a Ball; dry them in an Oven, or before a Fire, and they will be hard and white.

Thus, Gentlemen, have I let you understand the depth of Curiosities of this kind, such as are futable to be done by your self, at least to be observed whether they are done as they ought, by those you employ to perform them, whether your House-keeper or Woman; for if your self appear ignorant herein, those that perform it will either neglect your want of understanding in contempt, or not perform as they ought; wherefore, in giving them to be considered and practised by you at leisure, I shall proceed to the remaining Curiosities in their order. And first, of what belongs properly, especially in the cases, to your self, lest by too long abstinence your Appetite should be paul'd, I invite you to a Table furnished with dainties, and let me let you understand what your Behaviour ought to be abroad or at home; and when it comes to your turn, you must have your Knife and Fork, &c. in Carving the several sorts of Fowl, Fish & Flesh, of Beasts,

C H A P. VII.

Instructions for a Gentlewoman in her Behaviour at the Table, abroad and at home; with the Terms and Manner of Carving Fowl, Flesh, of Beasts and Fish; with Directions to know the choicest pieces in either, and such as are most acceptable.

Though you may think it strange, and altogether a matter that might have been reserved to instruct you as to Behaviour in a marriage state; yet let me tell you, though I shall hereafter say something as to this Point, the Behaviour of Youth differs from that of riper years; and since it is an Introduction to other Matters, let your wonder cease, and observe what follows.

Being at the Table in your due place, observe to keep your Body strait, and lean not on any means with your Elbows, nor by ravishing Gesture discover a voracious Appetite: and saw no bones, but cut your Meat decently with the help of your Fork; make no noise and calling for any thing you want, but speak softly to those that are next, or wait to give you, nor be so dis-ingenious as to shew, your dislike of any thing that is before you, if strangers be at the Table; especially at another's

thers Table ; Eat not your Spoon-meat so fast that it makes your Eyes water, nor be so quick to blow it. Complain not of a queazy Stomach ; wipe your Spoon every time you use it in the dish ; if you eat Spoon-meat with others, eat not too fast, nor unseemly ; neither be nice or curious at the Table by musing or mimping, as if you liked not the Meat or the Company ; where you see variety, reach not after them, but stay till you have opportunity, and then shew an indifference as to your choice ; and if it chance to happen you have a Plate with some piece of fancy not presented, wait your opportunity till it be taken away and changed ; nor be inquisitive (for that is uncomely) to know what such a Fowl or such a Joynt cost, nor enquire the course of Bills of Fare ; take not in your Wine or other Liquor too greedily, nor drink till you are out of breath, but do things with decency and order. If you are abroad at Dinner, let not your hand be first in any dish, nor take your place unseemly ; neither be inclined to Carve, though the Mistriss of the house out of a Complement intreat it, unless you see a necessity for it ; and where-ever you Carve, keep your fingers from your mouth, nor throw not any thing over your shoulder, neither take or give any thing on that side where a Person of Quality, or one much above you

is seated; nor reach your arms over other dishes
to reach at what you like better. And so lea-
ving what else is requisite in this kind to
be observed, I proceed to give you: First, the
Terms of *Carvers*: Secondly, the manner of
Carving: and Thirdly, Directions to know
the best pieces, &c. And of these in their order.

First, That you may the better be enabled
to direct those you appoint to Carve, if you
Carve not your self, the most expert in that
dexterity give the following Terms, by way
of distinguishment, and properly in the cut-
ting up all manner of small Birds: the directi-
on for it is Thighing them, as Larks, Wood-
cocks, Pigeons, &c. Directions for cutting up
a Plover, is to mince it; a Quail and Partridge,
to wing them; a Bittern, to unjoynt it; a
Peacock, to disfigure it; a Crane, to display
it; a Hern, to dismember it; a Mallard, to
unbrace it; a Chicken, to unfrust it; a Swan,
to life it; a Goose, to rear it: And so in Flesh
of Beasts, as Creek that Deer, Unlace, that
Coney, Leach that Brawn. So in case of Fish;
as Chine the Salmon; String the Lampry;
platt the Pike; Sawce the Place and Tench;
play the Bream; Side the Haddock; Cul-
lison the Trout; Tusk the Barble; Tramon
the Eele; Tame the Crab; Barb the Lobster;
Tranch the Sturgeon, and the like, or much
to the same effect, in case of others not men-
tioned.

tioned. But passing them over, for brevities sake, I come to the second thing to be considered, which is the manner of cutting up.

If you take it upon you to Carve a Swan called in the proper term *Lifting*, slit him down-right in the middle of the breast, and through the back, from the neck to the rump, laying the slit sides downward in the dish, with out, tearing the flesh, and serve the sawce up in Sawcers.

The term of Carving a Goose is to rear or break her in this manner : Take off the Legs very fair, then cut off the Belly-piece round close to the lower end of the breast, and with your knife, lace her down on each side a thumb breadth from the breast-bone, taking off the wings with the flesh you first laced, raising a cleaver from the bone, then cut up the merry-thought, and another piece of flesh which you formerly laced ; turn the Carcass, and divide it at the back-bone above the Loin, then lay the rump end of the back-bone at the fore-end of the Merry-thought, with the fleshy side upward, and the wings on each side contrary, that so the boney end of the Legs may stand up in the Middle of the dish, and the wings on their out-side, putting under the wing Pinions, the two long pieces of flesh &c. and let the ends meet under the Legs bone.

Behaviour and Carving, &c. 58

In carving and dismembring a Hern. Lace her down the breast, and take off both the Legs; then raising up the flesh, take it clean off with the Pinions; then sticking the head in the breast, set the Pinion on the contrary side of the Carcass, and the Legs on the other side, so that the ends of the the bones may meet cross over it.

In cutting up a Bustard or Turkey. The Leg being raised up very fair, open the joynt with the sharp point of your knife, and lace down the breast on both sides, without taking off the Leg or the Pinion; then raise up the merry-thought, and between the top of the breast-bone and the merry-thought, lace down the flesh on both sides, and raise up the flesh called the brawn; turn it outward on both sides, but neither cut it off nor break it; then cut off the wing-pinions at the body joynt, and stick on each side the pinion, in the place where you turned out the Brawn, cutting off the sharp end, and taking the middle-piece, that will fit the place. And in this manner a Capon or a Pheasant may be cut up, but cut not off the Pinions of the former, the divided Gizzard serving to supply the place where the Turkeys wings were put.

In unbracing a Mallard, Observe that you raise up the Pinion and Leg, not taking them off; raise likewise the merry-thought from

the breast, and lace it down slopingly on each side the breast, and loosening the joynts, leave it undivided.

In displaying a Crane, Unfold the Legs, and cut off the wings by the Body joynts, then sawce both the wings and legs with powder of Ginger, Mustard, Salt and Vinegar: and so a Bittern may be unjoynted, or any other Fowl of that nature.

Your Partridge or Plover minced, &c. White-wine, Powder of Ginger and Salt is a proper sawce.

In unlacing a Coney, Turn the Belly upwards, cutting the Belly-pieces from the Kidney, then with the point of your knife loose the Kidneys, and flesh between, to either side of the bone; when turning up the back-side of the Rabbit, cut it cross between the wings, and lace it down close by the bone on either side, then open the flesh from the bone against the Kidney, and open the Legs, slit them from the Kidney to the Rump, and lay them close in order.

A Pig being chined, is generally divided into four quarters, the Head divided, and the Ears taken off, and the rest left to the discretion of the Carver.

A Salmon is chined down the back, or laced on each side the back-bone, and divided into *Mediums* and *Extremities*, greater or lesser, at discretion.

discretion. And thus far having given you an insight into the terms of and methods of Carving; I shall let you in the next place know what is to be done in the distribution of what is Carved, that it may find the better acceptance: As,

Thirdly, If you have a Friend at the Table you would oblige more than another, and if Chickens boil'd be the first dish, the breast is to be preferred, and next the Leg; for in all boiled Fowl, the Leg is accounted better than the wing; though in Roasted ones, if they be Wild fowl, the wing is chief: and the reason that is given is, because it is exceeding tender by means of its continual motion; and add, as a curiosity on the other hand, that the Legs of tame-fowl not using the wing, but too often scratching, are to be preferred as the best nourishment; though it is generally held in wild and tame-fowl, as Pullets, Turkeys, Capons, Geese, Duck, Mallard, Pheasant, Dotril, and the like that the merry-thought and the wing is best, however they are most acceptable, and the next part, that which is laced on the breast-bone.

As for Butchers meat. In roast Beef, that which is within-side the Surloin is most prized; and in other pieces, that which is curiously strip'd with fat and lean; and so in boil'd Beef.

In a Loin of Veal the Nut-piece or Kidney-piece is the best to be presented.

In a Leg of Mutton, there is a little round bone on the in-side, above the handle, that is fit with the meat upon it to be presented, and is in great esteem among the curious: As it appeared by a Gentleman, who after long Courting, being extream hungry, and finding that bone untouched in a cut Leg of Mutton, refused to eat, by reason he fancied Boorish People had had the first handling of it, or otherwise their discretion would have directed them to have taken that piece.

A Shoulder of Mutton being cut between the handle and the flap, the fat Nut there found is the choicest piece, and worthiest to be presented. And in a roasted Pig the Women especially prefer the under Jaw and the Ear, though on the other hand the Neck and Middle-piece is preferrable.

In a Hare, Coney or Leverit, the back piece, just in the Middle, is held of great esteem, though some nicely cover the piece by the side of the tail, commonly called the Huntsman's piece.

In all Fish without shells, the Jole, or that part next to the Head, is to be esteemed; and in a Lobster, or Crab, the Claw.

If Fish or sliced Flesh be in Paste, 'tis proper to touch it with your Knife, Fork or Spoon;

Spoon; and raising it conveniently, lay it upon a Trencher or Plate in the best order, not by any means, delivering it to the hand of the party with your Knife, Fork or Spoon, but on a Plate.

All sorts of Tarts, Custards, wet Sweet-meats and Cakes, being cut in the dish where-in they were served up, must be layed likewise with the point of a Knife, handsomely on a Plate and presented.

Thus having shewed you how to behave your self, and, in some part to manage good cheer; it will be highly necessary to consider, that a young Gentlewomans Beauty is an Ornament next to that of her Virtue; and tho' Nature is prodigally lavish in furnishing your Faces with Charms, yet seeing she is deficient, and casualties impair the perfection of you lovely Sex, I think fit to impart such Secrets, as by harmless ways what is wanting or disordered, may be supplied or repaired: In which, the following Treatise will direct you.

C H A P. VIII.

The Closet of Beauty, or Modest Instructions for a Gentlewoman in making Beautifying Waters, Beautifying Oyls, Pomatums, Reparations, Musk-balls, Perfumes, and other Curiosities: Highly necessary and advantageous in the Practice, &c.

GENTLEWOMEN, Imagine not that I undertake this Treatise to create in you the least self-conceit or extravagant opinion of your Merits, by putting into your hands an opportunity to render your selves more beautiful, if possibly it may be, but to preserve what you have, at least from the ruins of time, or any unfortunate accident; for neatness on this side the Region of Pride is to be observed in that as well as in Apparel; nay in a cleanly observance, even Health it self is concerned. But to proceed.

If Hair, the comely Ornament of your Sex, be wanting, occasioned by Sicknes or defect of moisture, &c. To recover it,

Take the Ashes of Hyssop-roots, the Juyce of Marshmallows, and the Powder of Elicampane-roots, of each an ounce: boil them in half a pint of White-wine, with a dram of the Oyl of Tartar, till half be consumed, and with the

the remainder, anoint the bald place, and the hair will be restored.

To preserve the Hair from falling off.

Burn Pigeons dung to Ashes, of which take the quantity of an ounce, put them into a pint of water where Wood-ashes have soaked: then add two ounces of the Juyce of Senegreen or Housleek, and one of fine Sugar-candy, and half an ounce of Rosemary flowers: boil them together, strain them well, and wash the place six or seven times, and the Hair will not only remain firm, but what is fallen off will renew.

If Hair grow too thick or unseemly in any part of the Body.

Take Gum Arabick, and boil it to the thickness of a Salve in the Juyce of Hemlock, and lay it on the place Plaster-wise; and when it is taken off, which must not be under two days, it will bring off the Hair by the roots, not permitting any more to grow in that place.

To make the Hair fair and beautiful.

Cleanse it from dust by washing it in Rose-Vinegar, then boil an ounce of Turmerick, the like quantity of Rubarb, with the leaves of Bay-tree cut small, to the quantity of a handful, boiled in a quart of Water, wherein half a pound of Allom has been dissolved; and by often washing your Head with the Decoction, it will make your Hair fair and lovely, unless it be a deep red, or exceeding black.

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*To cleanse the Skin of the Face and make it
Beautiful.*

Take and distil the Blossoms of Pease and Beans with the like quantity of the flowers of Fumitory and Scabeous, and wash the Face with it Morning and Evening, anointing it afterwards with a small quantity of Oyl of Myrrh; and by often using it, you will have cause to admire the effects. Rosemary-flowers boiled in White wine, have likewise their wonderful quality in this kind.

To take away Freckles.

Take the Galls of two Cocks, a handful of Rye-flower or Meal, a pint of Verjuice, two ounces of Plantane-water, and one of the Oyl of bitter-Almonds: boil them, and strain out the liquid part, when a third part is consumed, then boil it again till it becomes a kind of an Ointment; and often anointing the Face therewith, will remove 'em.

To make a clear, white and smooth Skin.

Take an ounce of Barrows-grease, the Whites of two Eggs, half an ounce of the Ashes of Bay-tree-roots or leaves, a quarter of an ounce of Honey of Roses, and a quarter of a pint of Plantane-water: boil them till they become an Ointment, and use it to the end above-mentioned.

To take away Sun burn.

A handful of Spanish-Salt dissolved in the
Juyce

Juyce of two Lemons, is a Speedy remedy, the Face and Hands being often rubbed with it, and it as often suffered to dry upon them.

To take away Wrinkles, and make the Face look Youthful.

Take of Brandy, or Spirit of Wine, a quarter of a pint; of Bean-flower and red Rose-water, each four ounces; Water of Lillies four ounces; the Juyce of Briony-roots, two ounces; and of the decoction of Figs, two ounces: Incorporate them over a gentle fire, and use it as a Wash.

To take away the Red Spots, occasioned by the Small-Pox.

Wash your Face with Juyce of Lemon, in which Beaten-Allom and Bay-Salt has been dissolved; and to wear out the Pits, or prevent them gnawing deeper, as you grow in years, Take half a pint of the Spirit of Vinegar, an ounce of Mustard-seed, a quarter of a pint of the Juyce of Marshmallows, and a handful of Bran: boil them together, and put the liquid part of a Viol, with which wash your Face Morning and Evening, and you will find the effect will answer the trouble.

To take away Pimples and Redness in the Face.

Dissolve half an ounce of Allom in the White of an Egg, and a Spoonful of Vinegar: beat it together till it is well mixed, and when you go to bed, lay it Plaister-wise upon the place, and your desire will be effected.

The Closet of Beauty, &c.

To take away the hot swelling in the Face.

Boil Rosemary-Blossoms, or leaves of Groundsil and Cammomoil in White-wine and not only wash your Face in the Juyce, but lay the herbs stamped with a small quantity of oyl of Roses, poultis-wise, to the place afflicted.

To Restore a Ruby Face to its former Complexion.

Take the yolks of two Eggs, an ounce of fresh Butter, four drams of Camphire, half a pint of Rose-water, an ounce of the Oyl of Bays: mingle them well by heating them over a fire, and anoint the Face with the Oyntment, for they will produce, if well beaten and kept stirring, and strained through a Woollen cloth an Oyl, &c.

To make the Hands soft and white.

Take of Bean and Lupin-flower, of each a handful; of Starch, Corn, Rue and Orice, and sweet Almonds two ounces: beat or grind them together, and with the Powder wash your Hands often. *on Dickey Juice.*

To make an Excellent Wash-ball for the Hands and Face.

Take two ounces of *Calamus aromaticus*, of Rose-flowers, and the flowers of Lavender, each a handful; three ounces of Orice, and an ounce of Cyprus: beat them well, scrape into the Powder of them, being sifted, as much Castle-Soap as will make it into Balls, when mollified with Rose-water.

To

To prevent marks of the Small-Pox, in the Face.
Boil Cream and Hony of Roses to an Oyntment, and therewith anoint the places, during the Patients sickness, where you fear the deformity.

To make Teeth white and continue sound.

Take of the Powder of Roach-Allom a quarter of an ounce, the like quantity of the Powder of fine Pumice-stone, half as much Bay-salt, and half a quarter of a pint of the Juyce of red Sage: boil them over a gentle fire till they appear thick, and with the residue rub your Teeth every Morning, washing your Mouth with Water and Honey.

For want of this, boil a like quantity of Rosemary, Sage and Allom, in Spring-water; rub your Teeth therewith, and wash your Mouth with the Juyce or Water of Ladies-Thistle-root, or the root of Hore-hound, and it will restore the Gums, and preserve the Teeth white and firm.

A fine Pumice-stone only will make Teeth, if sound, as white as Ivory, by gentle rubbing.

To cause a sweet Breath.

Take four ounces of Cummin-seed, as much of Anni-seed, with half as much of the tops of Lavender: bruise them and boil them in Wine, sweetned with white Sugar-candy, drink when you rise and go to bed, an ounce of

of the liquid part, and in ten or twelve day
your Breath will be as sweet as ever, unless the
Lungs are putrefied.

*If your Eyes are Blood-shot, to remove that un-
seemly grievance,*

Take two ounces of the Roots of red Fen-
nel, stamp them and press out the Juyce, and
mingle it with half an ounce of clarified Ho-
ney: heat them gently over the fire till they
become an Oyntment, anoint therewith the
Eye-lids, and drop a drop with a Feather into
each Eye: and in so doing, and washing them
with White-wine or Eye-bright-water, the
redness will vanish.

A rotten Apple, Bole-Armorick and Bread,
made into a Poultis, by braying them in a
Mortar, and laying them over the Eyes, wet-
ted a little with Eye-bright-water, between
two fine cloths, will do the same; as also re-
move an Inflammation.

*If by the Wind, or sharpness of the Air, Clefts
happen in your Lips,*

Take Deers Suet an ounce, the like quantity
of *Spermacei*; add thereto an ounce of the
Juyce of Housleek or Senegreen, and make
them into an Oyntment, and anoint your Lips,
or any part of your Face so afflicted; it will
likewise serve for your Hands, &c. doing it
when you go to bed, and drawing on a pair
of soft Gloves.

to restore a singular Complexion in the Face where it is wanting.

Take green Hyfop, when the Flowers are
in it, stamp it, and Strain out the Juyce: sweeten
it with white Sugar-candia, and boil it up
with a third part of the Juyce of Pomgranets;
and when it is clarified, use your self to drink
Honey spoonfulls of it in warm Ale Morning and
evening, and you will find the Advantage.

To remove any ill Scent from out of the Nostril.

Snuff up, or inject with a Sirringe, White-
wine, wherein Ginger, Cloves and Calamint
have been boiled, and provoke your self to
sneeze with the Powder of *Piritum*, steeped in
the Juyce of Senegreen, and after ward dried
to its original dryness in the Sun.

*To make a sweet Water to be used by Gentlewo-
man on sundry occasions.*

Take a pint of the Water of Mugwort, half
pint of the distilled Water of Peach-blos-
soms, drop into them, when warm, eight or
nine drops of the Oyl or Spirit of Cloves,
and as much of Nutmegs: stop it close, and
shake it when you use it.

*To take away Warts, very troublesome, on sundry
occasions.*

Take the Juyce of Senegreen and Purslain,
adding to it an ounce of both together, ten or
twelve drops of Oyl of Tartar, and wash the
Warts with it when hot, and they will fall
away.

To

To kill Black headed Worms in Hands or Face.

Take half a pint of Wormwood-water, an ounce of the Ashes of Southern-wood, and half an ounce of black Soap: boil them till the moisture be so far consumed, that they come to a thicknes: then add an ounce of Oil and make them into an Ointment, and anoint the place where they be, which you may perceive by their black heads, and they will, often doing it, die and waste away.

To take away Freckles, Morpew, or Scars in the Face.

Take half a pint of the Spirit of Wine, Rosemary-flowers two ounces, the Juyce of Elder-leaves two ounces, and the Marrow of Sheeps-feet or Hogs-feet two ounces; boil them till a third part be consumed, and anoint your Face therewith. Or for want of it, take of the Oyl or Ointment of Cittern four ounces, and two of Pomatum: anoint your Face with them, when well incorporated, and five hours after wipe it off, and wash your Face with Bean-flower, or Rosemary-flower water.

In case of a Ring-worm in the Face.

Take half a quarter of a pint of the Vinegar of Squills, a quarter of an ounce of the Juyce of Celendine, three drams of the Oyl of Tartar, and as much of the Powder of Aloes: heat them over the fire till they become thick, and lay some of it Plaister-wise to the place grieved.

To cleanse the Body, and make it comely.

Take red Roses two handfuls, of red Sage
and Lavender-flowers the like quantity; a
handful of Featherfew, and as many Bay-
leaves: boil them in Spring-water, adding a
handful or two of Salt, and wash your self as
often as with conveniency you may.

To curl the Hair.

Take three ounces of Pine-nut kernels, dry
them, and beat them into Powder, then add
to them half a pint of the Water of Wall-
flowers, and two ounces of the Oyl of Myrtle:
Wine oil them into a thicknes, and straining out
the liquid part, anoint the Hair, and roll it
up; and so you will find it will in twice or
three doing, keep the Curl.

To make the Hair black.

Take two ounces of the Juyc of green
Walnuts, as much of that of red Poppeys;
Fac a ounce of the Oyl of Myrtle, and of that of
Sostomary, the like quantity: boil 'em to an
ointment, and anoint the Hair therewith of-
ten, and it will effect your desire.

*If, Gentlemen, your Breasts be over-large (and
by that means troublesome) to reduce them.*

Make an Ointment of Roach Allom and
Oyl of Roses, with a small quantity of Scabe-
ous water, and they will contract themselves
by being often anointed.

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To make a sweet Bath.

Take the flowers or peels of Citrons, flowers of Oranges and Gessamine, Lavender Hyssop, Bay-leaves, the flowers of Rosemary Comfrey, and the seeds of Coriander, Endive and sweet Marjorum; the Berries of Myrtle and Juniper: boil them in Spring-water, till they are bruised, till a third part of liquid matter is consumed, and enter it in a Bathing-tub, or wash your self with it when as you see occasion, and it will indifferently serve for Beauty and Health.

To make Musk-bags to lay among your Cloaths.

Take the flowers of Lavender cotton six ounces, Storax half an ounce, red Rose-leaves two ounces, Rhodium an ounce: dry them, beat them to powder, and lay them in a bag wherein Musk has been, and they'll cast an excellent Scent, and preserve your Cloaths from Moths or Worms.

To make Musk-balls.

Take of the flower of Almonds six ounces, Castile-soap six ounces; wet them in Rose-water, and infusing two grains of Musk, make the Paste up into Balls without heating.

To make burning Perfume.

Take an ounce of Storax, the like quantity of Mace, Cinamon and Nutmeg; bruise them together, and add the Powder of Cassia and two ounces of the Oyl of Myrrh, or more

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that suffice not, to make it into rolls: or instead of it, you may use Virgins-Wax; and be-
set on fire, it will cast a precious Scent.

To make a Scent of Rosemary.

Take your Perfumer, and heat it over a
firing-dish of Coals; put into it, being pret-
not, two Spoonfuls of Rose-water, half a
dful of Rosemary-tops, and six drams of
ar, and all the House will be scented.

Another excellent Perfume; how to make it.

Take a quarter of a pint of Rose-water,
grains of Ambergrease, two-penny weight
Sugar, and a grain of Civit; beat them to-
ner, and put them into your Perfuming-
over the fire, and it will send forth a de-
te Odour.

*excellent Perfume good against infectious Air,
and exceeding pleasant; how to make it.*

Observe to take half a quartern of Spike-
ter, as much of Rose-water; a quarter of
ounce of Cloves, with seven or eight Bay-
ves thread, and six grains of Sugar, and
l them in your Perfumer.

To make Musk-Cakes.

Take half a pound of red Roses, bruise
em well, and add to them the Water of Ba-
the Powder of Frankincense, making it up
th these a pound, add four grains of Musk;
x them well to a thickness, make them into
akes, and dry them in the Sun.

Thus,

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Thus, Gentlewomen, have I made you
fible of such Curiosities, as are not only p
fant, but as highly advantageous. And
lest you should be wanting in what is fur
necessary in the preservation and restora
of Health, I shall give you some admir
Receipts in Physick and Chyrurgery, that
may be helpful to your self and others : S
they are, as have been often administred,
used with success ; and such as, if rightly
seasonably applied, can do no harm ; nor
they unfit for the Closet of a Gentlewoman
therefore accept them in good part.

C H A P. IX.

*Instructions for a Gentlewoman in many Ex
lent Receipts, Physical and Chyrurgical, tend
to the restoration and preservation of Hea
in old and young, according to the best app
ved Rules and Methods, safe and easie in
Application, and successful in the Operation.*

IF any person be afflicted with the Gripe
of the Guts, Take Juniper berries, Fenne
Anniseeds, Bay-berries, Tormentilo, Bistwo
Balauftius and Pomgranet-seeds, of each
ounce : bruise them, adding of Rose-leaves
handful ; boil them in Milk, press out the
liquor

liquid part, and add more the yolk of an Egg, and six grains of *Laudanum*; prepare it warm, and give it Clister-wise.

For Pains in the Head.

Take a Rose-cake, steep it in Bettony-water, and apply it to the Forehead and Temples cold, often wetting it, and the Pain will abate.

In case of an Ague.

Take Rye-meal, temper it well with the yolk of an Egg, then spread it Plaister-wise, and strow upon it the Powder of Juniper-berries, and lay it to the Party's Wrists, giving him to drink a draught of hot Ale, wherein blue Lilly-roots have been steeped a night, and a white Flint-stone red hot quenched, and let him or her thereupon go into a hot Bed; by several times using it, the advantage will appear.

Or, Take two quarts of small Ale, shread into it a handful of Parsley, and the like quantity of red Fennel, of Centory and Pimpernel, each a handful: boil them in the Ale till a third part be consumed; sweeten it then with Sugar-candy, and let the Party drink it not upon the approach of the cold fit.

For the Yellow Jaundice.

Take a large Onion, make it as hollow as you can; put into the cavity a quarter of an ounce of Venice-Treacle, and as much Honey,

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ney, with a dram of Saffron: set the Onion
a gentle fire, and when by often turning
sufficiently roasted, press it together
what was in it, and let the Party grieved
a spoonful of it for three days together
White-wine.

For the black Jaundice.

Take Sage, Parsley, Groundsil and Sm
lage, and boil them in Pottage with Swi
flesh; and in often eating it, the grievan
will be removed,

For a dry Cough.

Take Anniseeds an ounce, the like quant
of Ash-keys, as many Violet-flowers, and
Powder of Licorish: beat them together, wh
dried, till they be a Powder; then put the
into a pint of White-wine, sweetning it w
two ounces of white Sugar-candia: boil the
into an Electuary, and let the party take
quantity of a Walnut every morning fastin
drinking after it a glass of warm Ale or Mil

To make a green Ointment.

Take a pound of Barrow's-grease, add
it an ounce of Verdigrease, of Salgem half
scruple; make them up into an Ointment on
a soft fire, and it is used with success in
of old Sores or Bruises.

To break an Imposthume or Swelling.

Take an ounce of the Roots of White-L
lies, half a large Onion, and half an ounce

Barrow's-grease; stamp them together, and being fryed, lay it hot to the place.

remove the humour that occasions the Green-sickness in Virgins and young Widows.

Take a quart of Claret, a pound of blue urrans, a handful of young Rosemary-tops, with half an ounce of Mace; bruise them, and boil the liquid part to a pint, and let the party afflicted drink half a pint hot morning and evening for a Week together.

Mr Philip Parry's Emplaister; how to make it, and its Virtue.

Take of Olive-oyl two pounds, red Lead one pound, white Lead one pound; beat and brace them; of Castle-soap twelve ounces: incorporate them in an Earthen-pot well-glazed, then set them on a gentle fire for an hour and half; stirring them continually till the matter become the colour of Oyl, and somewhat dark. Try it on a plate, if it cleave not hereto, it is enough; then spread it on your linnen, or dip the Linnen into it, and smooth it with a Slick-stone, and it will not lose it's virtue in many years.

This Plaster, applied to the Stomach, provoketh Appetite, taketh away the grief or pain. Applied to the Reins, it stoppeth the Bloody-flux, the Running of the Reins, the Heat in the Kidneys, and the Weakness of the Back, and is good for Swellings, Bruises, Aches, &c.

A most

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A most Approved Plaister for the Rupture

Take of Aloes and Cittron one ounce, Dragons-Blood an ounce, Myrrh an ounce, Mastick, Bole-armonick, Gum-dragant, each three ounces; make them into a Powder, and with the Juyce of red Housleek, wash them into a Plaister.

A Salve Excellent to draw and heal, &c

Take a penny-worth of Turpentine, as much Virgins Wax as a Walnut, the like quantity of fresh Butter, a Spoonful of Honey, melt them into a pan, and strain the substance into a water, and make it into a Roll for your use.

An Excellent Emplaister for a new or old Scab

Take of Rosin four ounces, melt it, take of Turpentine take an ounce, and two ounces of Wax, the like of Sheeps-Suet cleared from the skin, and a Spoonful of Olive-oyl: lay them over a gentle fire, and then strain them into water, and apply them as a Salve.

Dr. Morfus Emplaister, commonly called Oxecrotium.

Take Ship-Pitch, Saffron, Colophony, Bees-wax, of each three ounces; Turpentine, Galbanum, Amoniacum, Myrrh, fine Frankincense, Mastick, of each an ounce and three Scruples; lay your Galbanum a night in Vinegar, then boil and strain it; melt your Gums, and mingle them by stirring: put in last your Turpentine, and being well incorporated, make it

rolls, and use it in case of Pains, Aches, Bruises, Strains, Dislocations, and to strengthen the Nerves, &c.

Oyl of Rosemary-flowers; how to make it, with its Virtual Operation.

Take a good quantity of Rosemary-flowers, stamp them, and put them into a Glass with strong Wine; stop the Glass close, and let it in the Sun six days, then distil the Flowers and Wine with a soft fire, and the Effect will produce both Water and Oyl; separate them, and keep the Oyl close in a Glass.

This Oyl is good against the inveterate Head-ach, it comforteth the Memory, and preserveth the Sight, by being drunk in a Glass of Wine, or dropped into the Eyes: being dropped into the Ears, helpeth Deafness, and is good in case of Dropsie, yellow Jaundice, Rising of the Mother, &c.

An excellent Powder to provoke Urin, and send forth the Gravel or Stone.

Take a Flint-stone and beat it in a Mortar to a fine and subtil Powder, serace it and keep it in a Bladder till you have occasion to use it, then take half a dram fasting, in a Glass of White-wine or Ale, and keep your self warm.

A Powder to ease the Pains of the Gout.

Take of fine Ginger two drams, four drams of dried Elecampane-root, Licoris half an ounce, Sugar-candy three ounces: beat

D

them

72 *Physical and Chyrurgical Receipts, &c.*

them to a fine powder, and serace them, drinking off the powder, a dram at a time fasting in a Glass of Ale.

A Water for easing the Pains in the Teeth.

Take of red Rose-leaves half a handful, Pomgranet-flowers the like quantity, two Galls thin sliced; boil them in three quarters of a pint of red Wine, and half a pint of fair Water, until a third part be consumed; strain them, and hold a spoonful at a time in your Mouth, and lay a hot Cloth to your Cheek, dipped in the liquid part, &c.

An Excellent Water for the Ulceration of the Tard.

Take Water wherein Iron has been often quenched, a quart of Rose-water, four ounces of Pomgranet-piles and flowers, of each three drams; of Plantane and Houfleeck, each an ounce and a half; of Honey, of Roses, Turpentine, each half a pound; Allom six ounces, white Copperas three drams: boil them till half be consumed, then add Verdigrease three ounces; strain them, and gently boil them again, then letting them settle, take the thin and rarify'd part, and inject it with a Syringe, anointing the place grieved with the other part.

An Ointment to cleanse Sores either old or new.

Take two ounces of Turpentine, wash it well in Barly-water, put it to the yolks of six

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six new-laid Eggs, Honey of Roses, or common Honey four ounces : mingle them well over a gentle fire till they become an Ointment, and then dip the Tents or Pledgets in it, and apply them.

Flos Unguentorum ; how to make it ; together with its Excellent Virtue.

Take Rosin, Perrosin, of each half a pound ; Virgins Wax, Frankincense, of each four ounces ; Mastick half an ounce ; Stags-Suet four ounces ; Camphire two drams : Pound, and melt them over a gentle fire, then strain them into a Pottle of White-wine ; and when it is luke-warm, put thereto three ounces of Turpentine, stirring it till it be cold, and then put it up for your use.

It is exceeding good for old Wounds, in order to the ingendring good flesh, and cleansing them ; washing likewise the bad flesh, and is good for all manner of Imposthumes in the Head, and in the Body, also for Strains in the Sinews : It draweth out Thorns or Splinters of Bones ; it healeth Botches and Scabs, and is good for the Noli me Tangere ; and is an excellent Sear-cloth for the Gout, Sciatica, or Aches in any part of the Body. For a Scald, or any Burn, an Excellent Ointment.

Take of Cream a quart, Fern-roots a handful : slice and wash the Roots, and then boil them in the Cream in an Earthen pot till they Jelly, and at what time there is an occasion to

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use it : Ferment it with a Spatula, and apply
on a Linnen-cloth, often renewing it.

*An Excellent Ointment to assuage Pain, and
cool any extraordinary Heat by what means
soever it happens.*

Take of white Carrate four ounces, Oyl
of Roses ten ounces, red and white Saunders,
red Roses, Myrrh, Olibanum and Mastick, of
each two drams ; Camphire half a dram, Tur-
pentine two ounces and a half, and make them
into an Unguent.

A Tobacco-Salve for any fresh Wound.

Take of the Juyce of green English Tobac-
co a quart, of Olive-oyl a pint, of Wax and
Turpentine, each an ounce and half ; an ounce
of Verdegrease : boil them over a gentle fire
for an hours space, and make them up in Rolls
for your use.

Note, That the best Cloth for Plaister is
new Lockram, and the worst Calico or such
Cloth as has been starched.

*For the shrinking of the Nerves or Sinews, a
Plaister.*

Take of Water-crelles and Cammomoile,
each a handful ; stamp them and fry them
with a handful of Wheaten-meal, and two
ounces of Honey ; then spread them on a cloth,
and apply them to the place as hot as may be
well endured.

*A Dredge Powder, that purgeth Choler, Flegm
and Melancholly.*

Take of Turbith one ounce, Ginger, Cinnamon, Mastick, Gallengale, grains of Paradise, Cloves, Anniseeds, the Herb called *Mercurys Finger* and *Diagredium*, of each half an ounce: the leaves of Senna two ounces, Loaf-Sugar four ounces; dry them that they may be pulverized, and mingling them well, take a dram in a Morning fasting, either in a glass of White-wine or warm Ale.

*An Excellent Powder to purge the Head by
Sneezing.*

Take of the Roots of Sneezing-wort or Bartram an ounce, *Castorum* half an ounce, of white Hellebore and black Hellebore, each an ounce; Marjorum a handful: dry them and make them into a Powder, using the Powder moderately as you see occasion.

An Excellent Powder for the Falling-Sickness.

Take a Mans Scull that has not been above a year Buried: Bury it in hot Embers till it become white, and easie to be broken: Then take off the uppermost part of the head to the top of the Crown, and beat it into powder; then grate a Nutmeg, and put it to it, with two ounces of the Blood of a Dog dried and powdered. mingle them together, and give the grieved party a dram Morning and Evening in White-wine or new Milk.

78 *Physical and Chyrurgical Receipts,*

An Excellent Powder for hollow Ulcers.

Take Frankincense, Mastick, Myrrh, Sarcocol, Bole-armorick, Dragons-blood and Barly-meal, of each an ounce: make them into a Powder, and sprinkle a little of it in the Ulcer, &c. and bind it up; which often doing, will fill it with flesh.

A Powder to Incarnate any Wound.

Take of Hog-Fennel half an ounce, Flowerdelize five drams, Myrrh three grains, the greater and lesser Centaury, of each two drams: Round *Aristolocia*, *Tuttia*, *Oppopanax*, Meal of *Orebus*, each two drams and a half: beat them into fine Powder, and strew them upon the wound as you see occasion.

An Excellent Powder to stay the Bleeding of Wounds, &c.

Take Quick-Lime, Dragons Blood, Aloes, Frankincense, Copporas, of each four drams: incorporate them, and being finely powdered with Cobwebs, and the White of an Egg: apply the Powder by sprinkling it in the wound.

An Excellent Poultice for any Ach, Sprain, or Dislocation.

Take of Smallage, Marshmallows, Camomail and Groundsil, each a handful well picked: stamp them and fry them in six ounces of Barrows-grease, with the yolks of two Eggs, and apply them as hot as may be well endured to the place grieved.

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*An Excellent Powder in case of the Small-Pox,
or any infectious Distemper.*

Take half an ounce of English Saffron, dry it till it may be pulverized, add to it six grains of Bezoar-stone, a dram of Myrrh, and an ounce of white Sugar-candy : incorporate them, and let the party take a dram at a time in White-wine, not exceeding a spoonful.

A Preservative against the Plague, or any Pestilential Disease, as from the effects of bad Airs.

Take green Walnuts, number six : Baum and Rue, of each a handful ; Plantane and Bettony the like quantity : bruise them with fine Sugar and Spirit of Wine, then dry the whole matter in an Oven or Stove till it becomes as solid as Conserve of Roses, and let the party take fasting as much as a Hazel-nut.

For the Consumption, an Excellent Receipt.

Take the Hearts of three Sheep new killed, cleansed from the blood and strings: soak them a Night and 2 Day in White-wine, dry them again, and put them into a new glazed Pipkin, covering them above and below with Rosemary-branches : then add Cloves, Sugar, Harts-horn, of each three ounces, and four ounces of white Sugar-candy, and as much Asses Milk as will cover them ; then stop them close with Paste, and let them stand in an Oven the Baking of Household-bread ; after that press out the liquid part, and take a spoonful Morning and Evening.

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An Excellent Drink for the Windiness in the
Stomach or Spleen.

Take a handful of Broom-buds, the like quantity of Anniseeds ; of the Roots of Scabious an ounce : boil them in a quart of new Ale, sweeten the liquid part with brown Sugar, and drink half a quartern hot at a time Morning and Evening, or when you find yourself oppressed ; and in so continuing it for a week, you will find great relief.

The Lord Denise's Excellent Medicine for the
Gout ; how to make and apply it.

Take four handfuls of Burdock-leaves, with the stalks on, shread them and bruise them : strain out the Juyce and clarifie it, adding half the quantity of Olive-oyl, and keep it close stopped in a Glass ; and as you use it, apply it with a hot cloth to the place grieved.

To make Gascoign-Powder.

Take of white Amber-Seed, Pearls, Hartshorn, Eyes of Crabs and white Corral of each half an ounce ; of the black Thighs of Crabs, calcined before they are boiled, two ounces ; adding to every ounce before-mentioned, an ounce of Oriental Bezoar : bruise and serace them to a fine Powder, and it is excellent, two scruples of it drunk in a spoonful of Wine, to expel evil Vapours from the Brain, to comfort and corroborate the Heart, and restore a decaying Constitution ; and for the better keep-

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keeping, you may make it into Lozenges with the Jelly of Harts-horn and Saffron.

For the Dropisie.

Take Setwell, *Calamus-aromaticus* and Galingale, of each an ounce; of Spikenard half an ounce: bruise them, and hanging in a bag, let them be covered with two gallons of Ale, the which at four days end let the Party drink Morning and Evening.

To make an Excellent Water for any Disease in the Eyes.

Take half a pint of White-wine, and as much of white Rose-water; of the Water of Celendine, Rue, Eye-bright and Fennel, each two ounces; of Prepared *Tuttie* six ounces: of Cloves as many; of Sugar-Rosate a dram: mix them over a soft fire, and being clarified, wash your Eyes therewith as you see occasion.

To break the Wind.

Take the Juyce of red Fennel and Anni-seed in warm Ale.

To prevent spitting Blood.

Take Rue, Smallage, Mint and Bettony; boil them in new Milk, and drink the liquid part as hot as you can.

To stay Bleeding at the Nose.

Take the Juyce of Bettony, with a small quantity of Salt in it, and Snuff it up your Nose, and stop it in with the Herb, the Juyce of young Nettles; and Sugar is good upon the like occasion.

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To kill a Felton.

Take the hard Roasted yolk of an Egg, and beating it with a Roasted Onion, lay it to the place grieved.

To make an Excellent Salve for a Scald, Burn, Cut or any old Sores.

Take a pint of Olive-oyl, half a pound of Bees-wax, red Lead three ounces, red Wine two ounces, and Deers-Suet three ounces: boil them together in a glazed Earthen-veffel till they are of a darkish colour, and then make it up into a Salve for your use.

To remove the Pain of the Tooth-ach.

Take Henbane-seed, Hyfop-seed, and the Powder of the root of black Helebores: bruise them together, and make them up into small pellets with a little Tar or Turpentine: If the Tooth be hollow, stop it in with Lint; if not, let it lie between your Cheek and Gum.

For the Fever.

Take two handfuls of Wood-forrel, the like of the Leaves of Barberries: boil them in Spring-water, sweeten it with Sugar, and give the party two scruples of Bezoar-powder in a quarter of a pint of it, and it wonderfully prevails against the Distemper.

Many more things there are that remain fitting for a Gentlewoman to know; but not to be tedious, I shall refer them to your Servants in their several places and stations; and suppo-

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supposing you by this time to have reaped the fruits of a Chaste and happy Marriage, and blessed with a tender, yet smiling, Off-spring, that it may flourish, Taking my leave, Madam of you, I shall proceed to give your Nurse and Nursery-Maid instructions and directions; and so to the rest in order.

C H A P. X.

The wet Nurse her Duty and Office; and how she ought to be qualified that undertakes so great a Charge: With directions how she ought to use her self as to her Diet; and by what means to keep her Milk in good temper, &c.

AS for Directions to a dry Nurse, whose business it is to look after a Gentlewoman when she Lyes-in; it will not be amiss to wave them, since few that undertake such a charge are ignorant what is necessary as to Usage and Diet: Nor is the Midwife in that case wanting to give Directions, if the Gentlewoman her self (as few are after the first Lying-in) were ignorant in that affair. Wherefore intending to say something of it, in treating of the Duty and Office of a Midwife, I willingly here omit it, and proceed to the Charge and Office of a wet Nurse, whose care it is to bring up Children till a conveniency offer to wean them: And first, I shall describe what

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what manner of Person a good Nurse ought to be.

In this case, a good Nurse ought to be of a middle stature, plump of body, tho' not over corpulent; of a sanguine complexion, pleasant and cheerful, clear skinn'd and well proportioned.

For her Conditions, they must be suitable; Anger must be a stranger to her, and her delight naturally in Children; not drowsie nor self-conceited; her Age must be a *Medium*, between five and twenty and forty, being one that has been well Educated; and see she want for nothing; for if she be necessitated, the Child must pine; or if Sicknefs happen through accident or disorder, her Milk is injured thereby: Yet Temperance must be her greatest care, for fear by excess of meat or drink the Milk be corrupted or inflamed; and in all things her care of her charge must let her Prudence appear. Take a Woman whose Child was a Boy, to Nurse one of that kind, and on the other side the contrary, considering she ought not to be with Child during the discharge of this great Office, least she spoil both her Nursery, and that she goes with.

A Nurse in this case ought in her Diet to avoid salt Meats, Onions, Garlick, Leeks, Mustard, too much Salt, Vinegar or Pepper, and such like things as create bad Nutriment,
or

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or inflame and heat the blood, Strong drink immoderately must be shunn'd, for that will occasion a super-abounding of Choler in the Child, as Cheese and Fish, will Melancholly and Flegm: nor ought she to sleep suddenly after Meals, but be active and in motion, to create a natural digestion; a good Air ought to be chosen for the more kindly respiration; for a grosse Air is frequently the occasion of a dull wit and much corpulency, and a pure thin Air of the contrary, the Air on many occasions being advantageous or disadvantageous to the faculties of Life, or passions of the Mind in their several operations, it being a kind of a food to the Intellectuals.

As for the Milk, divers things are to be considered, but the chief is wholesome and moderate Diet; and to correct defects, Let her observe if her Milk be too hot, which often appears by the Child's frowardness; if so let the Nurse take in her Posset-drink Salad or Pottage, Ehdive, Succory, Lettice, Sorrel, Plantane, or such-like cooling Herbs: if she find it too cold, which will appear by the Childs over-drowsiness let her do the like with Cinnamon, Vervine, Bugloss, Mother, Thyme or Burrage.

To cause Milk where it is wanting, Take part of the Hoof of the fore-foot of a Cow calcined to Powder; a dram of which let the Nurse

26. The Duty and Office of a wet Nurse.

Nurse drink Morning and Evening in water
Cows Milk or Ale.

For want of the former, Take Lady-thistle
stamp it, and squeeze out the Juyce; which
boiled in Milk, an ounce to a pint you may
conveniently take, drinking it off warm. And
thus being careful in seasonably ordering the
Child in dressing, undressing, and what in the
like nature is convenient, no doubt it will
thrive and come to perfection.

The best Colour of a Child when new-born
is red, which soon turns to a Rosey; for those
that are white, if they live, will be subject to
Diseases. A little crying, if not too often,
eases the Brain of watery-matter, and enlarges
the Lungs; but too much crying occasions Ca-
tarrhs and Ruptures. The first month it
must only suck, often changing the breast, but
not over-charging its stomach; after which
a pap of white Bread and Milk seasonably
given between whiles, will strengthen it; and
let there be an hour between sucking and feed-
ding, using it in that manner till the teeth come.

The Teeth coming forth by degress, give
it more solid food, not denying it Meat that
is small cut, and may be easily chewed; keep
it well swathed, and beware it stand not too
soon for fear of distorting the Legs. In such
places as bathing of Children is convenient,
omit it not; from the seventh month, twice a
week, till it is weaned.

At

At a Twelvemonth old, if it be healthy wean it, not giving it suddenly strong food, but by degrees; and the first seven years Diet ought to be such as, by its nourishment causeth growth.

And from this I shall proceed to say somewhat of Diseases incident to Children, and prescribe Remedies which Nurses ought to use on sundry occasions.

C H A P. XI.

Of Distempers in Infants; and how to Remedy them; Together with Directions to the Nursery-Maid in the discharging her Duty and Office, &c.

Children in their tender age are subject to many Distempers; wherefore a Nurse ought to be skilful in Medicines, such as are prevalent on sundry occasions, by reason a Child may be lost before a Physitian can be had: Wherefore I shall give her Instructions what to do in the most dangerous cases.

For the Epilepsie or Convulsion.

Take Majesty of Cole a scruple, of Male Piony-roots a scruple, and as much of Leaf-Gold; work them into a Powder, and give it the Child in a Spoonful of Breast-Milk.

For the Chafing of the Hips.

Change the Clouts often, sprinkling on them
Litherage

88 *Diseases in Children to Cure, &c.*

Litherage of Silver, Seed and Leaves of Roses, Frankincense and Burnt-Allom made into a Powder, or anoint them with white Ointment and Diapompholigos.

To remove the Stoppage of Urine.

Take Saxifrax-roots six drams, Calcine them with an ounce of the Blood of a Hare, bruise them into a Powder, and give the Child from a scruple to half a dram in a Spoonful of White-wine.

For the Strutting of the Navel.

Use a Plaister or Poultis of Cummin, Lupins and Bay-berries beaten into Powder, and wet with White-wine.

For the Inflammation of the Navel.

Take a quarter of a handful of Mallows, stamp them with half an ounce of Barly-meal, and with Fenugreek and Lupins, two ounces of each : make them into a Cataplasim with Oyl of Roses, and apply them to the place grieved.

To destroy Worms.

Take of Worm-seed two drams, and of Coralline and Harts-horn prepared, each a dram; Roots of Piony, Dittany, Majesty of Coral, each a scruple : make them into a Powder, and give a scruple at a time in a Spoonful of Peach-flower-water.

For Vomiting.

Take a quarter of an ounce of Honey of Roses,

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lofes and the like quantity of Syrup of Mint,
and give it the Child at four times.

For the Rickets.

Take Mastick an ounce, Dill and Frankin-
ense, of each two drams; Cumminseed a dram:
make them small and apply them with the
Juyce of Mint upon a Plaister or sodd of Flax.

For hard Breeding of Teeth.

Rub the Gums with your finger dipped in
Honey, or give the Child Candle made of Vir-
gins-wax to nabble on, and foment the cheeks
with the Decoction of *Althæa*, Cammomoil-
flowers, and the seed of Dill.

For the Bladder in the Gums.

Take Lintills husked, beat them into Pow-
der, and lay them upon the Gums, or take
half an ounce of the Flower of Mellium; make
it into a Lineament and apply it.

To prevent Squint-Eyes!

Hang a Picture and set a Candle on the
contrary side; or use to cocker the Infant on
that side, till the Eye-strings contract.

For a Scald Head.

Take the Scab off gently with a cleanser,
moistning the skin with Hogs-grease upon
Colewort-leaves; or rather take the Juyce of
Fumitory, Dock, Coleworts and Elecam-
pane, of each half an ounce, with Litherage,
Oyl of Rue, Hogs-grease and Wax, make a
mollifying Oyntment: then take Starch two
ounces,

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ounces, Robin half an ounce; boil them in water, and lay them upon the Scald place Poulis-wise, suffering them to lye there several days: then suddenly pull them off, and use mollifying things to correct the Stomper, &c.

In case of a Fever.

Give the Infant a quarter of an ounce Syrup of Violets, and as much of that Wood-sorrel, for the Measles or Small-Pox. Give them Saffron, and a small quantity of Manna in Milk, or a Spoonful of White-wine. And thus much for the principal Distemper in Children.

As for the Nursery-Maids business, to whose care Children are frequently committed, when capable of running about, it is to love and cherish them, to see they have what is fitting in due season, to keep them within compass and government, to see they carry their Legs and Bodies strait and even, and that they disorder themselves by no untoward tricks and actions, but that they be cleanly and neat; and if she discovers any alteration in complexion, constitution or habit of body, tending to sickness or other discommodity, either to apply fit remedies her self, or inform those of it who delivered them to her charge without delay, least a Remedy come too late. She is to keep them within bounds, but not be

be churlish nor dogged to them; but rather be merry and pleasrnt; contriving such pastimes as may best suit with their age and constitutions; keeping their Apparell in good order, and not shewing too much love to one, nor disregard to the other: And by this means a Maid will gain Love and Applause from all parties.

C H A P. XII.

The Compleat Chamber-Maids profitable Instruction as to her Behaviour in Managing of Affairs, making choice Spoon-meats, Pickling, Sawces, Washing and Starching Tiffany, Lawn, Sarsnets, Silks, Points, &c. Scowring Gold and Silver Lace, taking Spots out of Silk, Woollen, Linnen, Stuffs, Perfuming, &c.

A Chamber-Maid that would be preferred, gain or continue a good opinion, must, in the first place, be grave and respectful to those whom she serves, neat in her Habit, loving to her Fellow-servant, and affable to all, declining wantons gestures that may render her suspected of Livity; that she keep all things in her Chamber in good order, and have them in readiness on all occasions to take off the care of the Mistress: Skilled likewise she must, or ought to be, in buying fine knacks, and be just in returning her

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her Accounts : If there be no Butler, she
see all things decently managed for the
commodation of the Guest in the Parlour
Dining room ; and above all, have a regard
to the Linnen, Plate, and other Furniture
under her Command : And besides her skill
Dressing and Attiring her Mistress, be skill
in making Spoon-meats, Pickling things use
ful for Sawces, or Garnishing, Washing and
Starching Tiffanies, Lawns, black and white
Sarsnet, Points, and other curious Lace : And
likewise she ought to be skilful at making such
scowring Materials as will cleanse Silver or
Gold Lace, Silver or Gold Plate, take Spots
out of Linnen, Silks, Stuffs or Cloth. And be
cause these are in a manner secrets, I shall lay
down Instructions for as many as are materi
ally useful : And first of Spoon-meats.

To make a French Barley-poffet, the newest fashion.

Boil half a pound of *French Barley* in two
quarts of new Milk ; and when the Milk is
near boiled away, add three pints of sweet
Cream, then boil it a quarter of an hour, and
sweeten it with fine Sugar : put in three or
four blades of Mace and a piece of Cinnamon :
this done, take a pint of White-wine, and
pour the liquid Cream into it, frothing it up.

To make an Excellent Broth.

Cut off the Wings and Legs of two Cocks,
wash and parboil them till the scum appear :
take

Take them out, and wash them in cold water ; then with a Pint of Rhenish-Wine, and two Quarts of strong Broth, put them into a Pipkin ; add two ounces of China-Root, an ounce and a half of Harts-horn, with a small quantity of Cloves, Nutmegs, Mace, Ginger, whole Pepper and Salt : stop the Pipking close, and setting it in a pot of boiling-water, so that the water get not into it for the space of six hours ; then pour out the Broth, and squeeze the Juicy of Lemons into it, and serve it up.

To make Pottage of French Barley.

Take a pound of Barley very clean, put it into three quarts of Milk whilst boiling ; then add a quart of Cream, an ounce of Salt, six blades of Mace, and a piece of Cinamon ; let them boil a little, and become thick : serve it up with white Sugar scraped thereon.

To make Panado, after the best Fashion.

Take a quart of Spring-water, which being hot on the fire, put into it slices of fine Bread, as thin as may be ; then add half a pound of Currans, a quarter of an ounce of Mace ; boil them well, and then season them with Rose-water and fine Sugar, and serve them up.

To make an Excellent White-Pot.

Take two quarts of Cream, boil in it, in a short time, half an ounce of Mace, a piece of Cinamon, and half a Nutmeg ; then cut a white penny Loaf exceeding thin, then lay the
slices

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Slices at the bottom of a dish, and cover them with Marrow : add likewise a dozen Yolks of Eggs to the Cream, well beaten in Rose-water, and sweeten it with a sufficient quantity of Sugar : then take out the Spices, beat up the Cream well, and fill a broad Bason in which the Bread, Raisins and Marrow was laid, and bake it ; when it is enough, scrape white Sugar on it, and serve it up.

All strengthening Jellies are made by boiling such Flesh as are of a tender and glutinous substance, till it is in a manner dissolved in the Broth ; and adding Wine, Sugar, Spice, Salt, or as you will have it seasoned, and serving it up with Sipits, or alone. More I might mention of this kind ; but intending largely to treat of *Cookery*, I shall wave them, and proceed to the next, which is *Pickling Fruits and Flowers, &c.*

To pickle Cucumbers, so that they may wear a lasting Green.

Take your Cucumbers, of a moderate size, wash them in Water and Salt, there letting them steep six hours ; then boiling Wine-Vinegar, Dill and Fennel-tops, Coriander-Seeds, Cloves and Mace, with a little Bay-Salt, and a Pint of the Juice of Mint ; put them into it when warm, and stop them up for a Month.

To make French Beans a lasting Green.

Boil them in Water, and a small quantity of Salt.

It, till they are a little soft; then having sharp Vinegar, Pepper and Bay-Leaves ready boiled, with some Blades of Cinamon: put 'em into it, and stop them up as the former. Thus Broom-elds; Ash-keys, green Grapes, green Plumbs, Gooseberries, Currans, and the like, may be pickled, tho' the latter must be only scalded.

To Pickle Barberries.

Take the fairest Bunches, dip them into warm Water, and then make a Pickle with a pint of sharp Vinegar to a Gallon of Water that has been well boiled and scummed; and to each gallon add a quart of Bay or Spanish salt; and putting in the Barberries, keep them down with a Stone. So Quinces, Apples, green Walnuts and Olives are pickled.

To Pickle Mushrooms.

Take a quart of Water, and a pint of Vinegar; put your Mushrooms, the smallest, boiling-hot into it: and when they have contracted a kind of softness, take them out, and put them to the sharpest Vinegar, with whole pepper, long Ginger, Mace and Bay-Leaves. And thus you may pickle Clove-Gilliflowers, Grim-Roses, Roses, Cowslips, green Peaches, &c. the like.

As for Sampher, it is boiled in Salt and Water to a little tenderness, and then put up with a Pickle made of half Vinegar, and half Water and Salt, boiled up to a height. And thus much for Pickles.

To

To wash Tiffanies.

Take the finest Crown-Soap; soap them their Hems or Laces, and with a gentle hand pass them through three Lathers, forbearing to wring or wrince them, but keeping them from the Air; dry them over the Flame of Brimstone: then to a pound of Starch, add a quarter of an ounce of Smalt, if you think convenient, but on necessity as much Allom, or a Hazle-nut; boil it to a fineness, and char it lightly on your Tiffanies, and dry them being wet therewith, by a Fire, still clapping them in your hands: and when they are well clear, shape them by the pattern you took before they were washed, and iron them with smooth, though quick Iron, till they shine, and you will find little difference as to gloss between them and new. Some there are, that instead of Starch, use Gum-water.

To wash Sarsnet.

If white, spread it upon a smooth cleane board long-ways; soap it well, but let the Soap lye thin; then with a small hard Brush raise a gentle Lather, by brushing it the right way of the Silk; and turning it in order, the other side in the same manner, then cleanse it with fair water, and make a new Lather, and renew it three times with turning; then cast the piece into hot water, where Gum has been dissolved, and a small quantity of Smalt infuse

infused; let it lye there covered a convenient time; then folding it smooth, dry it as well as you can by clapping it between your hands, then dry it over Brimstone; and spreading it on the Table, iron it with a hot Iron on the right side.

Black Sarsnets, in washing, are managed the same way, only they are wrinced generally in small Beer, without any Gum, and ironed upon a Woollen-cloth.

The Modish Way to wash and starch Point-Laces.

Put your Points into a Tent, and make a strong Lather with Castle or Cake-Soap, then with a small soft Brush dipped therein, rub your Point well, continuing to wash it on both sides till it have passed four Lathers: wrince it then in fair Water, and afterward pass it gently throw blue Water; then starch it over on the wrong side lightly with very thin Starch, and follow it with your Brush; after that suffer it to dry, and with a round Bodkin open the holes or parts that in washing were closed; as also the Gimp or Over-laying, and not suffering it to be too blue: gently iron it on the wrong side, and set it out to advantage.

Coloured Silks may be washed as white Sarsnet, avoiding the blue Water or drying over Brimstone.

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*To take a Spot or Stain out of Silks, Worsted,
or Woollen.*

Take two ounces of Castle-Soap, half an ounce of Bone calcined, half an ounce of Camphire: make them up into little Balls with the Water of Betony, and lather the place with a small quantity of warm Vinegar, and it will effect your desire. Cake-Soap, Lemon-Juyce, and Roach-Allum, will do the like.

*To take Pitch, Rosin, Tar, or soft Wax, out
of Stuffs or Woollen.*

Take Oyl of Turpentine, and suffer it to soak in a while; then rub the Cloth or Stuff together, and it will crumble out.

*To take the Stain of Fruit, Ink, or the like,
out of Linnen.*

Take Castle-Soap, boil it to a Jelly in Milk, lay it upon the Spot a night, then pour upon it the Juyce of a Lemon: and in doing so, after a Washing or two, the Spot will disappear.

To cleanse Silver or Gold Lace.

Take it off, and dipping a Brush continually in burnt-Allum; rub it gently over, and the Colour will be restored.

An Excellent way to perfume Gloves, is this.

Take of Storax and Calamint, each an ounce; of Benjamin two ounces, the first and the last being to be beaten by themselves; add to them an ounce of the weaker
Cinnamon.

Cinamon-Water, and four ounces of the Oyl of sweet Almonds ; mingle them with a Muller on a Stone ; and having first wetted your Gloves with Hyssop-water, gently anoint them with the Perfume, and it will smell beyond expectation.

To cleanse all sorts of Plates.

Lay it in Soap-Lees a night, then with Salt and Vinegar rub out the Spots, after daub it over with Chalk and Vinegar ; dry it by the Fire, and with a warm Woollen-Cloth rub it off, and it will look as bright as new. Thus have I unravell'd, or at least exposed to some such secrets as are not common : From whence I shall proceed to give the Vertuous Cook-Maid Instructions.

C H A P. XIII.

The Experienced Cook-Maid and Cook, or Directions for the newest and most Excellent way of dressing Flesh, Fish and Fowl of all sorts, and in divers manners : As also making Pyes, Tarts, Custards : Likewise what relates to the under Cook-Maid and Scullery-Maid ; with other variety.

Since the Cook-Maids charge and care is no less than the former and her labour more, I shall give her what encouragement I

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can in rendring matters plain and easie: As for her skill, it must chiefly consist in dressing all sorts of Meat, as Flesh, Fish and Fowl, in preparing of bak'd Meats and Pastry, and to be expert in making Sawces, and garnishing proper to the several Varieties that must consequently offer. And therefore, these things I shall consider: She, in the first place, considering to have all her Kitchen-Materials in good order.

A Capon, or Chickens, and white Broth, being frequently the first dish, dress it after this manner.

Boil the Capon, &c. in water and salt, then take three pints of the strongest Broth, adding to it a quart of White-wine, and a quarter of a pound of Dates; stew it in a Pipkin, and add half a pound of white Sugar, and a small quantity of large Mace; the Marrow of three Marrow-Bones, and of white Endive a handful; stew 'em leisurely, and strain the yolk of ten Eggs with part of the Broth before the Capons or Chickens are dished up, observing that the Eggs curdle not; the Fowls being dished up, garnish the dish with Dates, Mace, Endive, and Preserved Barberries.

Red or Fallow Deer, how to roast.

Take a Side, or half the Haunch, and par-boil it; so doing, stuff it with all manner of sweet Herbs mingled with minced Beef-Suet;

lay the Caul over, and roast it in that manner; when it is enough, serve it up with Vinegar, Bread, Claret-wine, Ginger and Cloves boiled up with a few Sprigs of Rosemary.

Neats-Tongues roasted.

Take a large Tongue, boiled tender, blanch'd and cold; make a hole at the large end, and take out a great part of the Meat; mince it and put it in again with Sweet Herbs, hard yolks of Eggs, Pippins, Ginger, Beef-Suet, all minced small, and stop up the hole with a Caul of Veal: Lard it, and being roasted, serve it up with Butter, Gravy, and Juyce of Oranges; garnishing the Dish with Barberries, and Slices of Lemon.

Neats-Tongue and Udder, how to boil.

Let both of these be fair and young, indifferently seasoned; boil them in Water, a little seasoned with Salt and Pepper; and when you find they are sufficiently done, blanch the Tongue, slice it in half, lay it on each side the Udder; serve 'em up with carved Sipits, run over with Butter and Vinegar; garnish your Dish with Parsley, Barberries, and Marigold-Leaves.

How to boil Land or Sea-Fowl.

Take the larger sort, half roast 'em, put them after that into a Pipkin with Claret-Wine, the Gravy, and as much strong Broth.

as will cover them ; add Pepper, Cloves, Mace, Ginger, a slice or two of Onion, and a little Salt : all being well stewed together, serve them up with Sipits and green Garnish, as Violet or Marigold-Leaves, &c.

The smaller sort of Wild-Fowl, as Black-birds, Plovers, Quails, Rails, Thrushes, Snites, Larks ; cut off the Heads and Legs, truss and boil them ; scum your Boyler, and add White-Wine, Currans, Dates, Marrow, Pepper and Salt ; being all well boiled or stewed, dish them on carved Sippits ; sawce them with Rose-Water, Sugar and beaten Almonds ; garnish the Dish with Almonds beaten small, Rose-Water and Sugar.

To roast a Hare.

Observe when she is cased, not to cut off her hinder Legs nor Ears, but thrust one Leg through the Ham of the other ; and making a slit, do the like by the Ears, and so roast her as you do a Rabit. The proper Sawce is Marjorun, Thyme, Winter-savory, Beef-Suet, hard yolks of Eggs, sweet Butter, Sugar, Nutmeg, Water and Vinegar ; minced and boiled up to a Sawce, serving your Hare up whole.

To roast a Shoulder of Mutton the best way.

Take Oysters parboiled, mince Winter-Savory, the yolks of hard Eggs, grated Bread ; mingle them together, all but the Oyster, being

ing small ; and then making holes in convenient places, stuff them in as you see convenient, about five or six and twenty Oysters being sufficient, and the other Oysters, with the like Ingredients, put into half a pint of Claret ; add three or four slices of Onion, and a couple of Anchoveys ; to them put the Gravy, with the yolks of two beaten Eggs, and a sufficient quantity of Nutmeg and sweet Butter : garnish your Dish with Lemon-peel and Barberries.

To boil Pigeons with Rice.

Observe to stuff their Bellies with sweet Herbs, then put them into your Boiler with Mutton-Broth ; boil a small quantity of Rice in Cream, with a Blade or two of Mace, which being seasoned with Sugar, lay them in the Dish with their Breasts upward, and lay it thick upon them ; squeeze in the Juice of two Lemons : garnish the Dish with Marigold-Flowers, and serve it up.

To roast an Udder.

First let the Udder be boiled, and stuck full of Cloves ; spit it when cold, and baste it with sweet Butter ; being sufficiently browned, draw it back ; make Sawce of grated Bread, Butter Vinegar and Cinamon ; lay it in the Dish with Sugar as a Garnishment, and serve it up.

To stew a Carp.

Take the largest well-trimmed Carp, gut it, wash it, and lay it in a Pewter-Dish; take half a pint of White-Wine, with a piece of Butter, Mace, Parsley, Thyme and Winter-Savory minced small; put them into the Fishes Belly, and let it stew a quarter of an hour: mince then the hard yolks of two Eggs; lay it with the Herbs about it, and sprinkling on Sugar, serve it up.

To bake Steaks in the French fashion.

With Pepper, Nutmeg and Salt, season your Steaks lightly; take the lean part of a Leg of Mutton, mince it small, with some Beef-Suet and sweet Herbs, as Thyme, Penyroyal and Marjorum; take grated Bread, yolks of Eggs, Raisins, of the Sun, of each a like quantity; work them into Rolls, and put them on the Steaks in a deep round Pye; sprinkle them with Verjuyce, and close them up, liquoring it with the Juyce of two or three Oranges,

To boil a Fore-Loin of Pork the best way.

Season it indifferently, and boil it well, then have in readiness, Sorrel stripped a considerable quantity; beat it, and put to it some crumbs of Bread and hard yolks of Eggs, with Mustard and Salt, and so serve it up, the Dish being garnished with green Leaves.

To

To dress a Leg of Mutton to the best advantage.

In Salt and Water boil it for the space of an hour, then cut it into thin slices, set it in a dish over the fire, adding a little Salt, grated Nutmeg, Shalot, Thyme and Winter-Savory; placing another Dish upon it; and stewing it; adding a piece of Butter, serve it up, the dish garnished with Pickled Oysters and Barberries.

To boil a Brisket, Surloin, Claine, Rump, Flank, Filler or Buttock of Beef, to the best advantage.

After a week or ten days powdering, it is left to your discretion, whether or not you will stuff them; which if you do, it must be done with such sweet Herbs as are futable, mingling minced Suet and Nutmeg with it, and thrust them in at convenient places; and being well boiled, serve them in on Bruis, with Roots boiled in Milk.

To stew a Leg Lamb the best way.

Take the Meat, slice it and put it into your Stewing-pan; season it well with Salt and Nutmeg, add Butter, Raisins in the Sun, Currans and Gooseberries; it being well stewed, take the yolks of four Eggs, a quarter of a pint of Wine-Vingar, two ounces of Sugar; beat them well together over a gentle fire, place it in the sawce; strew Sugar over it, and serve it up.

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To boil a Leg of Veal and Bacon the best way.

Take and Lard the former with Bacon, and a small quantity of Lemon-peel; take a convenient piece of Bacon and boil with it; and when your Bacon is boiled, cut it in pieces, and season it with dried Sage and Pepper small beaten: lay the Bacon about the Veal, and serve it with Sawcers of green sawce, garnished with Marigold-flowers, Barberries and Parsley.

A Rump of Beef to Stew the best way.

Let your Beef be seasoned with Salt, Pepper and Nutmeg; lay the fat side downward in an Earthen-pan, then put in an equal portion of Water and Elder-vinegar, to the quantity of three quarts; add two Onions, and half a handful of the Tops of Rosemary; and stewing it three hours over a soft fire, take it up, and dish it with Sippets; garnishing with Lemon-peel, and sawcing with the Gravy, the fat being skimmed off.

To Bake a Hare the best way.

Take a large Hare minced, and well seasoned with beaten Mace, Salt and Pepper, making a proportion of the Head and Shoulders, and lay in a Layer of Flesh, and Lard, and Butter above and beneath, and serve it up with Gallentine sawce, in Sawcers.

To Roast a Rabbit with Oysters, the best way.

Take a large fat Rabbit, wash it and dry it

it, then half a pint of Oyſters after the ſame manner : put them into the Belly of the Rabbit, with a couple of ſhread Onions, large Mace, whole Pepper, and ſprigs of Thyme : ſow 'em up ; and when the Rabbit is Roaſted, mince them with Butter, and the yolks of hard Eggs, and diſh the Rabbit up ; garniſhing the diſh with red Beet-roots and Orange-peel.

To Carbanado Hens or Pullets, the beſt way.

Take half a dozen hard yolks of Eggs, half a Pint of White wine, and the Gravy : mince the Eggs, and boil them up with Onion, or ſome Shalots ; add grated Nutmeg, with a Ladle or two full of drawn Butter : diſh your Fowl ; pour the ſawce on them ; garniſhing your diſh with Lemon-peel and Violet-leaves.

To ſet off a diſh of Marrow, &c.

Take a pound of fine Paſte, rowl it very thin, and the Marrow taken whole out of four bones ; cleave it in quarters ; ſeaſon it with Pepper, Salt and Dates, all minced ; laying one piece in your Paſte, framing it peaſ-codwiſe ; and ſo uſe the reſt : then fry them in Butter and Sugar, and ſerve them up, garniſhed with Borage-flowers.

To ſtew a Pheasant, the beſt faſhion or way.

Take a large Pheasant, Roaſt him till enough, then boil it gently in Mutton-broth, adding whole Pepper, Mace, the ſlice or two
of

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of an Onion, Pruins, Currans and Vinegar sufficient to make it sharp; then Colour the Broth with bruised Pruins, and serve up the Pheasant in it.

To Carbinado Mutton, the best way.

Broil a breast or shoulder of Mutton, scotching it with your knife; strow on them minced Thyme, grated Nutmeg, and a little Salt, with Claret-wine, Capers, Gravy and a shred Shalot, garnishing with a Lemon-peel.

To Roast a Pig.

Take a fat one, cleanse his Belly, put in to it minced Sage, Currans, Mace, and grated Nutmeg: roast him indifferently by a soaking fire, then make up a brisk fire to crackle him, and serve him up with Currans, Bread, Sage, Butter and Nutmeg, made into a thin sawce, with Rose-water.

To Stew Venison, the best way.

Take fat Venison, either raw or potted, slice it and put it into your stewing-pan, with Claret-wine, Rosemary tops, Cloves, Sugar, Vinegar, and grated Bread: being well stewed, add grated Nutmeg, and serve it up, garnished with Luke-Olives.

To make a Fricasie of Chickens, the best way.

Take four or five Chickens about two months old, scald and flea them; put them in Water and White-wine; then take a large
Onion

Onion, ten or twelve blades of Mace, and the quantity of a Nutmeg grated : tye them up in a cloth, with a bundle of sweet Herbs and Salt ; put them into an Earthen-pan, and let them simmer a while ; then take three or four Anchoveys, five or six Eggs, half a pound of the best Butter dissolved in a pint of Mutton-broth ; shread the Spices small, with a quarter of a pound of Capers : mix them with the other sawce, and laying the Chickens upon it, serve them up with Sippits, garnished with sliced Lemon. Thus you may dress and dish up Partridges or Pigeons, with only the abatement of the Eggs.

To Stew a Fillet of Beef, the newest way.

Take the tenderest, and remove the Skin and Sinews : steep it in White-wine, scattering on it a small quantity of Pepper and Salt ; then covering it with Wine, add more Pepper ; and keeping it close down with a weight, suffer it to steep two nights and a day : when taking it out, put it into an Earthen-pot with Beef-broth, cover it on a gentle fire ; adding a few Cloves and Mace, and standing over the fire till it is tender, it will be of an admirable taste : serve it up with the Broth.

The newest way to boil a Wild-Duck.

The Duck being half roasted, take her off the Spit ; put her into a pan with a pint of Claret,

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Claret, and as much Mutton-broth ; three Onions cut, and a bundle of sweet Herbs ; three or four slices of Bacon, and some whole Pepper : cover the Pan with another ; and when it is stewed or boiled sufficiently, serve it up with the Broth.

To Bake a Pig the best way.

Take a Pig, and dress him well as for roasting ; mould him up in a Coffin of Clay, Buttered a little within : put him into an Oven eight hours, so that the Clay being dried, the Pig will be very crisp ; then serve him up with sawce as for roasting.

To boil a Pullet, Capon, or Chicken, the best way.

Truss them, and put them into Mutton-broth, with Mice, Spinnage and Endive, Marigold-flowers, Bugloss, Borage, Sorrel and Parsley : and when they are enough, garnish the dish with Borage and Marigold flowers, and serve them up in Sippits.

To boil a Capon, or Chicken, with Sugar-Pease.

Take the Pease when young, and dry them in the cods, taking them from thence to the quantity of two or three handfuls ; put them into an Earthen-vessel, with about half a pound of fresh Butter, and near half a pint of fair Water ; add whole Pepper, Mace and Olive-oyl, of each a small quantity : and your Capon and Chicken being well boiled, strain the
Pease

use and other Ingredients, and serve them
as sawce with the yolks of two or three
eggs, and half a quartern of Sack.

To bask a Capon, or Pullet, the best way.

Take either of them cold, after having been
roasted; take out the Brains, and mince them
small with the flesh of the wings; then take
off the Legs and Rump intire, then add strong
Broth and Gravy, sliced Nutmeg, Onion and
Salt, and stew the divided parts in a large Pip-
kin; and when they are well stewed, add some
Oysters, Juyce of Orange, and a yolk of an
egg and serve them up on Sippits; garnished
with Oranges sliced, and Flowers. And thus any
Fowl of this or the like kind may be hashed.

To boil a Pullet or Capon with Asparagras.

Boil the Fowl in fair water; put bruised
Mace, chopped Parsley and sweet Butter into
its Belly, tying up the vent: being boiled, take
out the Parsley and Mace, garnishing the dish
with it; in which have Asparagras ready
boiled, place it in good order.

To fry a Rabbit with sweet Sawce.

Cut it in pieces orderly, and wash it well;
then dry it in a cloth, and fry it with sweet
Butter: being half fried, slice some of it very
small; put it into a quarter of a pint of Cream,
the yolks of two Eggs, some grated Nutmeg
and Salt; when the Rabbit is thoroughly fried,
pour

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pour them upon it, and keep 'em stirring, adding Verjuice, fresh Butter and Sugar a little quantity, and serve them up with Sippets garnishing the dish with any green thing.

To Stew a Mallard.

First let it be half roasted, then cut it into small pieces, putting it into a dish with Gravy, fresh Butter and a handful of minced Parsley, with two or three Onions and a hard Lettice: let them stand an hour, then add Pepper, Salt, and Lemon-juice, and serve it up with Sippets, and a garnish of Lemon-peel.

To fry a Neats-Tongue the best way.

The Tongue being boiled and blanched, cut it, season it with Cinnamon, grated Nutmeg and Sugar; then add yolks of Eggs and Lemons cut in small pieces, frying them in spoonfuls with sweet Butter; then heat it hot, pour on your Tongue the Sawce and Sugar, and serve it up.

To boil a Haunch of Venison in the best manner.

Stuff it with sweet Herbs, Parsley and Beef-suet minced small, as likewise with the yolk of hard Eggs; the stuffing materials being seasoned with Salt, Nutmeg, and Ginger, and the Venison being powdered, boil it in strong Broth, and in another pot two or three Colliflowers, adding to them a quart of new Milk; and they being taken up, boil in the same liquor

For a handful or two of Sorrel or Spinage ;
then part of the Broth being taken away, put
Vinegar, sweet Butter, grated Bread and
Nutmeg ; then lay the Spinage upon Sippits
round the dish, laying the Venison in the mid-
dle, and Colliflowers in order ; garnishing the
dish with Parsley, Spinage, and Marigold-
flowers.

To roast a Goose in the newest fashion.

Draw your Goose, and put her on a Spit,
laying her to a gentle fire, which you must
increase by degrees : then take nine or ten soft
Apples, or Pippins for want of them ; boil
them in a pint of White wine, sweeten them
with Sugar, and then add a small quantity of
Mustard when they are come to a pulp, and a
spoonful of Rose-water : stir them well and put
in Slices apart ; though for green Geese
the sawce is generally the Juyce of Sorrel,
scalded Goosberries, Butter and Sugar.

To boil a Pike the best way.

Wash and gut it, bring the Head and Tail
together in a circle, scotching the back to
make it pliable ; boil it in Water, Salt and Vi-
negar, putting it in when the water boils ; it be-
ing enough, take it out, and serve it up with
Ginger, grated Bread, Butter, White-wine,
Oysters, Dates, and the Juyce of Lemons ;
garnished with green Leaves or Flowers.

To

To Stew a Pike the best way.

Wash out the Blood, flat it, and lay it in a dish, cover it with White-wine; add, when it boils, whole Cinnamon, Mace, Salt, and sweet Butter, and dish it up on Sippets.

To boil a Salmon the best way.

Cover it with Water, add Rosemary and Thyme-tops, Winter-savory and Salt: then add more a pint of Vinegar, and serve it up with Butter, the Juice of Lemons and Anchovies made into sawce.

To roast an Eele the best way.

Take one pretty large Eele, take out the Intrails after it is skinned, then fill the Belly with sweet Herbs and Butter, beaten together in a Mortar; after that draw the skin over again, and fasten the Eele with strings to the Spit, and moderately roast it; then with the Herbs, Anchovy-sawce and Butter, together with the Gravy, serve it up.

To roast a Lobster the best way.

Take a large one, whilst alive, bind up the claws, and fasten it to the Spit before a gentle fire; baisting it first with Water and Salt, then with Butter and Claret-wine; and when it is enough, break the shell, take out the Meat, and serve it up with Anchovy-sawce and stewed Oysters.

To roast a pound of Butter.

Lay your Butter in water till it be very stiff, then fix it upon a small Spit; lay it down before a gentle fire; and as soon as it begins to pop, dredge Bread on it, and so continue to add, adding a little beaten Cinnamon and Sugar till the Bread has soaked up all the Butter: when done, make the out-side brown, and serve up in the nature of a Quaking-pudding, with Joyce, Butter, Rose-water and Sugar.

To make Sausages the best way.

Take a Leg of Pork, divide the fat from the lean, and chop the latter small, with Marjoram, Penny-royal, Thyme and Winter Savory, adding Salt, Pepper, and a little Ginger together, with half the quantity of Meat in Beef-suet; and being very small, fill it in sheep-guts with a Whale-bone-fescue, and dry them in a Chimney for your use.

To dress a dish of Anchovies the best way.

Take the best *Leghorn* Fish, about a year old, not being rusty, wash them, and smooth off the white and scales; divide them equally in four quarters at length, lay one laying waving in and out, and between them another strait, in the figure of a Star, making of the bones the figure of a Crown, and placing it in the center of the dish: garnish it with Lucois, Olives, Samphire, Pickled Barberries, Pickled Broom-buds, Mush-

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Mushrooms, Capers, and slices of Pickle-Cucumbers, in what form you please ; adding sufficient quantity of Oyl and Vinegar.

How to dress a dish of Caveer the best way.

Take that which is not rusty nor over-dried, steep it in the best Florence-Oyl for the space of an hour ; then take it out, and wash it with a little Vinegar and Pepper into a form or figure as best fancies you, and then garnish it with Olives and Barberries, serving it up with Oyl.

The best way to dress a dish of Pickle-Herrings.

Take new Herrings, or the best you can get, take off the skins, and take out the bones, slice the Herrings, and mince them very small, then thread Pickle-Cucumbers, Shalots or Onions, Lemon-peel, Codlings, Pippins or Pome-waters : mix the whole matter with Capers, Barberries and Broom-buds : garnish the dish with Olives, French-beans, and Mushrooms : make it into a figure, add Oyl, Vinegar and Pepper, and serve it up : or, if you please, you may garnish it with Pickled Oysters.

To set out a dish of Pickles.

Place in the midst, your Cucumber, then your large Olives, then French-beans at length, and small Olives between them, then Mushrooms and Capers and on the Edges of the dish
Pickled

Pickled Grapes, Pickled Gilli-flowers and Room-Buds, and so serve them up.

How to Pot Fowl in order to their keeping by Sea or Land, &c.

Roast Ducks, Mallards, Teals, Widgeons, geons or Chickens: drain them from the gravy, and put into the bellies of them a little pepper and Salt; with a little bruised Mace and some Cloves; then take the fat that came from them, press them a little flattish, and mix the fat with sweet Herb; when you have laid your Fowl in order in a glazed Earthen-pot, pour the melted Butter, &c. hot on them till they are covered; on that strew some Pepper and slices of Nutmeg; then cover it with Bay-leaves, and close it up with Leather: and being fast tied down, rub a little Butter on a Leather to keep it moist, and the Fowl will keep a twelvemonth.

To dress Kid with the colour and taste of Venison.

Take a Haunch well fleshed, and indifferent fat, pluck away the skin and superfluous fat; open it from the bone, and thrust in some Peter-salt, then lay it two hours in water that has been newly heated; after that dry it, and put it on your Spit, or Bake it in a Pastry, and it will have the colour and flavour of Venison.

An Excellent way of Hashing any sort of Meat.

Take your Meat, slice it thin, sprinkle it with

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with a little Salt, Pepper, and shreaded
Herbs, put it into your Pan with a piece
fresh Butter and the Juyce of a Lemon;
a few bruised Cloves, Oysters, and an An-
vey: garnish your dish with Parsley and
ces of Lemon, and serve it up.

How to roast a Salmon the best way.

Take a Jole or Rand, and divide it into
pieces; season it with Salt and grated Nu-
meg; stick on it a few Cloves, and fasten it
a small Spit, putting between it a few
Leaves; stick in the out-side little Sprigs
Rosemary: baste it with Butter; save
dripping; sawce it with Butter, Verjuyce,
Juyce of Oranges; garnishing it with
Slices.

To fry Salmon the best way.

Take a Chine, Jole or Rand, fry it in the
Butter; and finding it crisp, let your Sawce
made of Claret-Wine, sweet Butter, grate
Nutmeg, Orange-juyce, and the Liquor
Pickled-Oysters: heat them together, and
pour them on the Fish: and for a garnish,
Parsley and Sage-Leaves fryed in Butter.

*How to recover tainted Venison, and make Mutton,
Beef or Lamb, pass for Venison.*

As for the first, wrap it up in a clean Cloth
a little dampish, dig a hole in the Earth, put
it in, and let it lye twenty four hours, and

the Scent will be gone, the Earth drawing away.

As for the latter, Take your Mutton, &c. and dip it in Pig's Blood, or any wholesome warm Blood; then parboil it in small Beer and Vinegar, and let it stand all night; then put to it some Turnsole, and bake it, and it will look and eat like Venison.

To roast a Carp the best way.

Draw and wash him alive, taking out his entrails, and with Lemon-juice, Carroways, grated Bread and Nutmeg, Currans, Cream, Almond paste and Salt, make a Pudding, and put it into its Belly, insomuch that it may fill it full, the Pudding being put through the Gills and fasten them: and when it is roasted, make sawce with what drops from it; adding the Juyce of Oranges, Cinamon, Sugar and Butter, and dish it up.

To stew a Carp the French way.

Take him alive, and bleed him; then take out all his Intrails, and scrape the Scales from off the back; then take a quart of Claret, Mace, Ginger, Cloves, Nutmegs, sweet Herbs, a large Onion and Salt; let them boil in the Stew-pan, then put in the Carp, with half a pound of sweet Butter; it being enough, lay it in a Dish, and make a Sawce of grated Bread, Lemon-juyce, beaten Butter, and what remains

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remains of the liquid part in the Stew-Pan
and garnish it with green Spinage and stewed
Oysters.

To stew Oysters after the best manner.

Take the largest, parboil them in the Water that comes from them, and afterwards wash them in warm water; put them into a Pipkin, adding Onion, Mace, Pepper, Nutmeg, and a pint of Wine, with as much Vinegar, if you have two quarts of Oysters; likewise a pound of sweet Butter, and a spoonful of Salt; then dish them up with Sippets having stewed them, and garnish with Bayberries and Lemon-peel.

To stew Flounders.

Take the largest, draw and wash them giving them a scotch or two on the Belly put to them, being in your stewing-pan, small Oysters, Pepper, Ginger, an Onion, sweet Herbs, Salt, suffering them to stew as long as may be, then dish them up with Sippets. And for Sawce, take beaten yolks of Eggs, Lemon-juice, Butter, and a little Ginger garnishing with Lemon-peel.

To roast an Eel the Dutch way.

Strip her, put into her Belly grated Bread, sweet Herbs and Butter; then draw the Skin over her again, and fasten her to the Spit, basting her with Salt and Water; being
enough

enough, take off the Skin by ripping it up, and serve her up with the Herbs made into a Sawce, with Butter and Juyce of Lemons, and a little Claret-Wine.

To stew Breems.

Draw, dry them, and let them be well salted; lay them on a Grid-iron over a Charcoal fire; suffer them to be brown on both sides; then put half a Pint of Claret into a Pewter-dish, set it over the fire to boil, add three Anchoveys, two sliced Onions, a pint of Oysters, and a little Thyme; when it has boiled, put to it a little melted Butter and Nutmeg; then dish up the Fish, and pour the Sawce on it, with yolks of hard Eggs minced.

To boil a Mullet the best way.

Save the Liver and Roe, and scald him; then put the Water on boiling hot, adding half a pint of Claret, and a bunch of sweet Herbs, Salt, Vinegar, and two Onions, with a sliced Lemon: take a Nutmeg, quarter it, with Mace and Butter, drawn with Claret, dissolving in it two or three Anchoveys: season the sawce with Salt; dish up your Fish; and serve it up with a garnish of stewed Oysters and Bay-Leaves.

At one and the same charge, as to the Sawces, you may dress a dozen of either of the last mentioned Fish.

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How to dress a Cods-Head the best way.

The Head being cut fair, boil it in Water and Salt, adding a pint of Vinegar, that the Head may be a little more than covered; putting into the Mouth of it a quart of Oysters, a bundle of sweet Herbs and an Onion, binding the Jaws with a thread; when it is well boiled, set it a drying over a Chafing-Dish; then take Oyster-Liquor, a sliced Onion, and two or three Anchoveys; adding a quarter of a pint of White-Wine, and a pound of sweet Butter; pour them on the Head, and stick the Oysters where they will enter; scatter over it grated Bread and Nutmeg; garnish the Dish with sliced Lemon, or any green thing.

And thus have I given you Instruction as to the Dressing, &c. Flesh, Fish, and Fowl: And now proceed to the remaining necessary part of Cookery, which is *Pastry*.

C H A P. XIV.

The Cook-Maids Directions in making Pyes, and managing Pastry to the best and Modish manner and advantage.

AS *Pastry* is the most curious part of Cookery, so it is to be considered even beyond what I have mentioned in other matters, and chiefly in these Observations.

1. Ob

Directions for the Pastry Cook. 123

1. Observe your Flower be fine, and free from Bran, or any defect ; and having laid it on a smooth Table, or in a Kneading-Trough.

2. Heat your Liquor, suffering it to simmer, scumming off what arises ; and if it be for Tarts, Custards, or the like, let it be fair Water, with a small Ingredient of Rose-water and Malaga-Wine, so that it taste of either : But for larger Pyes, made with Meat or the like, add Butter a pound to two quarts of Liquor, and to either of them, in moulding Eggs or New-Ale-yeast, according as you would have your Paste light or solid ; which I leave to your discretion.

3. As for those that are to be raised very thin, work them up cold ; but those of largeness, that will admit a good Substance, for the more ease and pliability, let the Paste be warm, working them into a form with your Hands, Roaler, Nippers, Spur-Iron, Knife and Plate : Mark the Garnishing, or flourish on the Lid or Sides, I leave likewise to your discretion. But that you may the better understand the form of the most curious thing of this Nature, I have caused them to be inserted in the following Pages, and so proceed to the filling them, &c.

To make an Oyster-Pye.

Let the Oysters be parboiled in their own Liquor ; wash and dry them ; season them with Nutmeg, Pepper, Salt, and the hard yolks of Eggs ; and the Pye being made Oval, put into it Currans and sliced Dates, and on them lay the Oysters ; add large Mace, Barberries, sliced Lemon and Butter ; and when it is baked, put into it White-Wine, Sugar and Butter.



Double

Sonder

Cestarl



oyster Pie



He
orugado



Custard

Lumber.

eye

chicken pye

Minced pye

Margne

Pie.

Lumber pye

Minced pye

Minced pye

Custard

Preserved

Custard

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To make a Veal-Pye the best way.

Raise your Paste well, cut a Leg of Veal in slices, season it with Salt, Pepper and Nutmeg, adding some large Mace, laying the Meat with Raisins of the Sun and Currans in the Pye, and fill it with Butter; and when baked, serve it up hot.

The best way to make a Carp-Pye.

Draw, scald and wash a large Carp or two, season him or them with Salt, Pepper and Nutmeg, then fill the Pye with them, good store of Butter, Raisins of the Sun, slices of Orange, and Juyce of Lemon; close it up and bake it.

The best way to make a Chicken-Pye.

Truss your Chickens, and flat the Breast-bones; and having raised your Paste, lay them in order, filling their Bodies with Butter, laying above and beneath Raisins, Currans, Prunes, Cinamon, Sugar, Mace and Salt, with a convenient quantity of Butter; and when it is baked, pour in Rose-Water, White-Wine, beaten Cinamon, Sugar and Verjuyce; with the which serve it up, &c.

To make a Warden-Pye the best way.

First bake your Wardens gently in a little Water and Claret, adding a pound of Sugar, covering your Pot or Pan with a lid of dough; and when they are cold, lay 'em into your Pye with Cloves, Cinamon, Sugar, and part of the Liquor, and bake it gently.

To

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To make a Pye with Sweet breads and Lamb-stones

Slit your Lamb-stones, skin and wash them, take the Liver of a Lamb, shread it small, and slice an Udder-part of a Leg of Veal; which being seasoned with Mace, Cloves, Salt, and Nutmeg made small, as also Pepper, shread into it three or four Pippins, and the like quantity of the peels of candied Lemons and Oranges, five or six Dates cut in the middle and stoned, with Currans, Carraway-seeds, white Sugar, and half a pint of Rose-water and Verjuyce; add more a couple of Eggs: make it into balls, and with the Juice of Sorrel green it, laying a Sweet-Bread and a Lamb-stone till it is near full, covering them with Citron-peel, Dates and slices of Lemon; and being baked enough, pour in Butter, White-Wine, Sugar, and the beaten yolks of Eggs, scraping Sugar on the Lid to set it off.

To bake a Turkey the best way.

When your Turkey is parboiled, lard him season him with Pepper, Salt, Cloves and Mace; flat the Breast, and put him into your Coffin or Pye, and fill it with Butter, when it is baked and cold, and so serve it up.

To make an Artichock-Pye the best way.

Take the bottoms of half a dozen Artichocks, boil them tender, season them with Ginger, Mace, Salt and Sugar: lay Marrow

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at the bottom of your Pye, and them upon it; cover them with Marrow, sliced Dates, Raisins of the Sun: and being half baked, put in a quarter of a pint of Canary, wherein Orange-peel has been boiled, then bake it well.

To make a Marrow Pudding the best way.

Blanch a pound of Almonds, beat them small with Rose-water, take a pound of fine Sugar, grate a penny white Loaf and a Nutmeg; add a pint of Cream, the Marrow of two or three bones, and a grain or two of Ambergrease; mingle them with a little Salt; fill the Skin you intend it shall be in, and boil it moderately.

The best way to make a Custard.

Take and boil a quart of Cream with whole Spice; beat the yolks of ten Eggs and five Whites, with a little Cream: put them into the Cream when cold, then put it into Paste; strew Comfits on it, and bake it.

To make an Umble-Pye the best way as has been approved.

Take Beef-Suet, mince it and lay it in your Coffin, or, if you please, slices of Larded Bacon, then take your Umbles, and cut them into small pieces as big as Hazle-nuts, and your Bacon about the same bigness; then take grated Nutmeg, Pepper and Salt; strew them on the top, then lay a laying of Bacon, and on that

that another of Butter, and so close it up : and being baked, liquor it with stripped Thyme, Claret and Butter well beaten together.

A Venison Pasty, the best way to make.

Having well powder'd your Haunch or Side, and cleared it from Sinews, Bones and Skin ; season it with Pepper and Salt, and beat it with your Roaler, making it proportionable for a Pasty ; then make your Paste with fine Flower, allowing to a Peck three pound of Butter and twelve Eggs : work it with cold Water to a convenient stiffness, suffering it to be as thick as your Thumb ; then take it upon your Roaler, and open it again upon a couple of Sheets, or so much as will serve of Cap-Paper : and having your White minced, and beaten with water, lay it proportionably upon the Pasty to the breadth and length of the Venison ; then in the White lay the Venison, and wash it round with a Feather ; put on the border, season the top of the Venison, and turn over the other leaf, and so close your Pasty ; then drive out another border for garnishing the Pasty from the sides to the top ; the device of which is left to your discretion ; then vent it at the top, set it into a well-heated Oven, and suffer it to soak as it ought, viz. four or five hours ; then draw it, and pour Butter well melted in at the top.

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To make an Excellent Minced-Pye.

Take Neats-Tongues, parboil them till they may be peel'd; then mince 'em with a like quantity of Beef-Suet, stoned Raisins and picked Currans: make them in a manner like Pap, then mingle a little fine Sugar, with a glass or two of old Mallaga; then add slices of candied Citron-peel, and put the whole, being well mingled, into a coffin, the form of which is left to your discretion, and strew on it a few Carraway-comfits, and so bake it moderately.

To make an Eel-Pye the best way.

Take the best silver Eels, indifferent large, strip, gut and wash them; cut them to pieces at about a finger's length; shread a handfull of sweet Herbs, with some Parsley and an Onion; season them with Pepper, Salt, beaten Cloves, Mace and grated Nutmeg; when the coffin or crust being reared and fashioned to your mind, put them in, and strew over them some Currans, and a few slices of Lemon over that; put a laying of Butter, and close your coffin with the lid; and when the Pye is baked, put in Butter melted with a little Vinegar, and beaten up with the White of an Egg.

The best way to make a Gooseberry-Tart.

Take your Gooseberries before they are ripe, being well picked, scald them till they will

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will break in a Spoon; then strain out the pulp, and beat it up with half a dozen Eggs, and stir 'em well together on a Chafing-dish of Coals; adding Rose-water, and sweetning 'em with Sugar; and when it is cold, you may put it into your coffin, and moderately bake it, or serve it up in Plates without baking.

To make a Pippin or Codlin-Tart, or of any such like Fruit.

Take your Pippins, gather'd before they are over ripe, pare 'em, and take the core clear off, strew some Sugar and Rose-water on 'em; and each Pippin being cut in four quarters, lay them in order between every laying; place thin slices of Quince, then add Syrup of Quinces, or of the same Fruit; after that strow over the Sugar, mixed with a little Cinamon; and closing all up in the coffin, bake them gently, that they may be well soaked.

To make a Paste of Marrow, &c.

Take the Marrow of six Bones, shread them with a considerable quantity of Apples well pared and cored; then add a sufficient quantity of Sugar, and put them into a Puff-paste; and having fryed them in a Pan with sweet Butter, serve them up with Sugar and Cinamon.

To

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To make a Pye of Calves-Feet the best way.

Having boiled your Calves-Feet well, take out the bones and gristles, as many as are convenient; shread them as small as you can, and season them with Cloves and Mace; add to them a good quantity of Currans, Raisins and Dates, the latter well stoned, then with a sufficient quantity of sweet Butter, put them in to your coffin, breaking on them some whole Cinamon and sliced Nutmeg; then scatter over them some Salt, and close them up, leaving a vent to pour in when the Pye is baked, a quantity of Verjuyce, beaten Cinamon and fresh Butter well beaten together.

To make the best Cakes.

Take a sufficient quantity of fine Flower, a quarter the weight of it in picked and washed Currans, a pound of Carraway-Comfits, half a pound of Marmalade of Oranges, the yolks of a dozen Eggs, half a pint of Malmsey or Mallaga a quarter of a pint of Rose-Water: Mould them together with a little New-Ale-yeast, and as much Milk as will make them up into Cakes; then ice them over with Sugar, or wash them over with Canary, well beat, with the yolk of an Egg, and bake them in a gentle Oven.

To make the best Cheese-Cakes.

Take new Milk, and put as much Runnet

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to it as will well bring it to a Curd; then strain out the Whey in a Cloth, between two Fatts; which done, beat up the Curd with the yolk of Eggs, White-Wine, Rose-Water and Sugar; after that, add as many Currans as you see convenient: then having made your Puff-paste of fine Flower, Eggs, Milk, and New Ale-yeast, put it into a fashion; and being well knit at the Corners, and rowled with a Pastry-Spur, put in the Curd, and wash it over with the yolk of an Egg, using a Feather for that purpose.

C. H A P. XV.

How to make several Sawces for Roast or Boiled, on all occasions.

AND now since many have been desirous to have an account of Sawces in general, I think it not amiss to place it as an Appendix to *Cookery*; and further to give the Reader an Account of the seasonable Bills of Fare, much observed by the Curious for every Month in the Year: But of these in their order.

The general Sawce for green Geese is Gooseberries scalded, and coloured again with the Juyce of Sorrel strewed over with Butter and Sugar, and served up on Sippits; and

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and for most Land-fowl, the pulp of stewed Prunes, the Gravy, Cinnamon, Ginger and Sugar boiled up to a thickness, and served up in Sawcers.

For roasted Mutton, the general Sawcers are Capers, and Samphir, the Gravy, a sliced Shalot, and a little Pepper stewed together, or Claret-wine, Ginger, the Gravy and an Onion.

For boiled Mutton, Take Verjuyce, Butter, Currans, Sugar, and a little Cinnamon; mix them well over a fire, and serve them up with Sippits or White-broth, made of grated Bread, Currans, Rose-water and Sugar, with the yolks of two Eggs.

The general Sawce for roast Veal is Juyce of Orange, Butter, Verjuyce, grated Nutmeg, and Claret-wine, or sweet Herbs chopped small, with the yolks of two or three Eggs boiled hard in Vinegar, Butter, and grated Bread, Currans, beaten Cinnamon and whole Cloves; for boil'd Veal, green Sawce.

For red Deer, sweet Herbs chopped small, the Gravy, with the Juyce of an Orange or Lemon, and grated Bread or Vinegar, Claret-wine, Ginger, Cinnamon and Sugar, boiled up with a sprig of Rosemary, some whole Cloves and grated Bread; and if you stuff or farce your Venison, let it be with whole Cloves, sweet Herbs and Beef-suet, the two latter cut very small.

For

How to make Sauces the best way. 135

For roast Pork, Apples quartered, boiled in fair water, and the pulp mixed with Butter, Sugar, and a little Verjuyce; or Sugar, Mustard, Pepper, and the Gravy: For boiled Pork, chopped Sage, boiled Onions, Pepper, Mustard, and grated Bread, or Mustard, Vinegar and Pepper.

For Rabbits, Sage, Parsley, Butter, Vinegar, and the Gravy; or beaten Butter, Vinegar and Pepper: For a boiled Rabbit, Onions, sweet Herbs, Pepper, grated Bread and Sugar, served on Sippits.

For Hens roasted, the Gravy, Claret-wine, Pepper, and an Onion, boiled with the Head, Neck, or Gizzard: or beaten Butter, the Juyce of a Lemon, Pepper, and the yolks of hard Eggs: For a Hen boiled, white Broth and Sippits, with Lemon-peel and the yolk of an Egg minced small.

For roast Chickens, Butter, Verjuyce, the Gravy or Butter, Vinegar, boiled up with Sugar, and the substance of an Anchovey, served up on thin slices of Bread: For boiled Chickens, strong Mutton-broth, grated Bread, chopped Parsley, and the Juyce of a Lemon, with a good piece of Butter, well mixed, and served up on Sippits in order.

For roasted Pigeons, Verjuyce, Butter, and boiled Parsley shread into it, and beaten thick: or

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or Claret-wine, stewed Onion, Gravy and Pepper, seasoned a little with Salt : For boiled Pigeons, strong Mutton-broth, the Juyce of Sorrel, the yolks of Eggs beaten in raw, and a sprig of Rosemary : or Sprouts and Bacon.

For a Peacock, Turkey, Partridge, Pheasant, or the like roasted, Boiled Shalots, Pepper, Salt, grated Bread and Gravy : or Onion, grated Nutmeg, Manchet, the yolk of Eggs, Salt, and the Juyce of Oranges boiled up to the thickness of Water-grewel : or bruise the Kernels of small Nuts, with grated Bread, Nutmeg, Saffron, Cloves, the Juyce of Oranges and strong Broth : boil them up to a thickness.

For a stubble Goose, slice Pome-waters, boil them soft; Mash them in White-wine, and add to the pulp Butter, Sugar, Verjuyce, and the Gravy.

For a Mallard or Duck roasted, Take Oyster-liquor, the Gravey of the Fowl, divided Onions, Nutmeg, and an Anchovey : stew them together, and serve it up in the liquid part : or Vinegar, Cloves, and Sugar, a Blade of Mace and a Shalot : if boiled, take slices of Carrot, shread Parsley and Winter-savory, Mace, Verjuyce and grated Bread.

For any kind of Sea-fowl roasted, Take grated Bread, Cinnamon, Ginger and Sugar, Claret and Wine-Vinegar : boil them with
Rose-

and Rosemary and Cloves to a convenient thickness; strain them and serve them up as a very good Sawce: or Gravy, Claret-wine, an Onion and Pepper, with a small piece of Butter.

For Roasted Salmon, Take Oyster-liquor, a slice of Nutmeg, the Gravy, and the Juice of Oranges and Butter; beat them up to a thickness: or beaten Cloves, the Gravy, grated Nutmeg and grated Bread, beat up with Butter, the yolk of an Egg and Vinegar: For boiled Salmon, Butter, Vinegar, Nutmeg, and the Intrails of Salmon.

Make an Excellent Green-Sawce, to serve on any occasion wherein it is requisite.

Take large Sorrel, white Bread grated, pared and cored Pippins, some sprigs of Mint, a quantity of Verjuice sufficient to moisten it; and being stamped very small, scrape Sugar on it, and mix it well together, and so serve it up, with Pork, Veal, Chickens, Kid, Lamb, Gosling, or the like, they being boiled.

For all sorts of small Birds roasted.

Take the Gravy, Pepper, Butter, and their Livers and Gizzards, minced with Parsley, or the Gravy of a Capon, Ginger, and the yolk of an Egg beaten together. with a little Butter and Vinegar. And thus much may suffice for Sawces, so necessary to be known by all that pretend to Cookery.

CHAP.

C H A P. XVI.

Directions to know what is in Season throughout the Twelve Months of the Year; and what ought to be served up as the first and second Courses, &c.

March.

fan
des 1. **N**EATS-Tongues and Udder. 2. Boiled Chickens. 3. A dish of stewed Oysters with Anchovey-sawce. 4. A dish of young Rabbits. 5. A grand Sallad.

Second Course.

1. A dish of Soles or Smelts. 2. A dish of Marinade-Flounders. 3. A Pye of Lambstons. 4. Asparagras, if to be gotten. 5. A Warden Pye.

April.

1. Green-Geese, or Veal and Bacon. 2. A Roasted Haunch of Venison. 3. A Lumbe-Pye. 4. Rabbits. 5. Tarts.

Second Course.

1. Cold Lam. 2. A cold Neats-Tongue-Pye. 3. Salmon, Lobsters and Prawns. 4. A dish of Asparagras.

May.

1. Boiled Chickens. 2. Roast Veal. 3. Roast Capons. 4. Roast Rabbits.

Second Course.

1. Artichoke-Pye just out of the Oven. 2.

Well

Westphalia-ham. 3. Tarts. 4. Stied. 6.
 Salmon, Lobsters. 5. A dish of Asparid, the
 A Tansey.

June.

1. Boiled Neats-Tongues, or a Leg of
 Mutton and Colliflowers. 2. Steak-Pye. 3.
 A Shoulder of Mutton. 4. A Fore-quarter
 of Lamb.

Second Course.

1. A Sweet-bread Pye. 2. A Capon roa-
 sted. 3. A Goosberry-Tart. 4. Strawber-
 ries and Cream, or Strawberries, with Rosewa-
 ter, White-wine and Sugar.

July.

1. A Westphalia-ham and Pigeons. 2. A
 Coln of Veal. 3. A Venison-Pasty. 4. A Capon.

Second Course.

1. Green-pease or French-beans. 2. A Cod-
 Tart. 3. Artichokes, or an Artichoke-
 Pye. 4. Roasted Chickens with Summer-Sawce.

August.

1. A Calves-head and Bacon. 2. An Olio, or
 grand-boil'd savory Meat. 3. A Haunch of Ve-
 nison. 4. A fat Pig well roasted, with good
 Sawce.

Second Course.

1. Marinate-Smelts. 2. A Pigeon-Pye. 3. A
 dish of roasted Chickens. 4. A Pippin-Tart.
 5. Codlins and Cream.

September.

September.

First Course. 1. Boiled Hens and white Broth. 2. Neat Tongues and Udders roasted. 3. A Powdered red Goose. 4. A roasted Turkey.

Second Course.

1. Potato Pye. 2. Roasted Patridges. 3. A dish of Larks. 4. A dish of Cream and seasonable Fruit.

October.

1. A Fillet of Veal. 2. Two roasted Brand Geese. 3. A grand Sallad. 4. A roasted Capon.

Second Course.

1. Pheasants, Pigeons and Pouts. 2. A dish of Quails and small Birds. 3. A Warder Pye. 4. Tarts and Custards.

November.

1. A Shoulder of Mutton stuffed with Oysters. 2. A Loin of Veal. 3. A roasted Goose. 4. A Venison-Pasty.

Second Course.

1. A Larded Hen, and another not Larded. 2. A Sowced Tarbet. 3. Two Pheasants, the one Larded, and the other not. 4. A Collar of Beef. 5. A Sowced Mullet and Base. 6. Gellies, and Tarts of Fruits in season.

December.

1. Stewed Broth of Mutton and Marrow-bones. 2. Lambs-head and White-broth. 3. A roasted Chine of Beef. 4. Minced Pyes. 5.

Turkey stuck with Cloves, roasted. 6.
Two roasted Capons, the one Larded, the
other not.

Second Course.

1. A young Kid or Lamb roasted whole. 2. A
dish of Partridges. 3. Polonian Sausages, and a
dish of Anchoveys, garnished with Mushrooms.
4. A dish of Caveer and Pickled Oysters. 5. A
Quince-Pye. 6. A dish of Woodcocks.

January.

1. A Collar of Brawn and Mustard. 2. A
Couple of Pullets boiled with White-broth.
3. A Roasted Turkey. 4. A Hashed Shoulder of
Mutton. 5. Two Geese. 6. A Surloin of Beef.
7. Minced-Pyes. 8. A Loin of Veal. 9. A Ve-
lvet Pasty. 10. A Marrow Pye. 11. A Cou-
ple of Capons roasted. 12. A Lamb roasted.
13. Woodcocks, Partridges and small Birds
dished up with sawce.

Second Course.

1. A Soufed Pig. 2. A Warden Pye. 3. A
cold Neats-Tongue. 4. A Soufed Capon. 5. A
dish of Pickled Oysters and Mushrooms. 6. A
Jole of Sturgeon. 7. A Goose or Turkey-Pye.

February.

1. A Bacon-chine. 2. A Loin of Veal, or
Beef roasted. 3. Lamb-Pye or Minced-Pye.
4. A Couple of Wild-Ducks roasted. 5. A dish
of fryed Oysters. 6. A Couple of Rabbits
Roasted. 7. A Skirrit-Pye.

Second

14° *The Accomplish'd Dairy-Maid.*

Second Course.

1. A roasted Lamb. 2. A dish of Pigeons.
3. A Pippin-Tart. 4. Jole of Sturgeon. 5.
cold Turkey-Pie.

And thus having in all its Material parts, what is most requisite, given such Directions an ingenious Cook-Maid, as may qualifie her, duly observed, for the Service of Persons of Worth; I might say likewise some thing of the under Cook-Maid and Scullery Maid; but the being both dependants upon the former, and their business consisting in helping the Cook-Maid, the greatest matter beside is to keep themselves and the Kitchen-Materials neat and clean. And so I take my leave of them, and proceed to the Dairy-Maid.

C H A P. XVII.

The Accomplish'd Dairy-Maid, or Directions to make all manner of Junkets and pleasant things wherein Milk, Cream, &c. is an Ingredient the Modish and Experienced way; plain, easy and exceeding necessary.

THE Dairy-Maids place and office, though not so Universal, is little inferiour to that of the Cook-Maid in making variety of Junkets; besides which, her chief business is to go neat and cleanly, and to keep all so under her Jurisdiction; observing the Kine are well

d, and that Butter and Cheese are made of proper Milks, and in their proper Season: To make which, few that undertake that business being ignorant, I shall proceed to give Instructions for the making of Junkets, the most curious part of her Office, and for which persons of Quality peculiarly retain such Secrets. But to proceed.

To make fresh Cheese of Cream.

Take a Pottle of new Milk warm from the Cow, Almonds blanch'd half a pound: beat them small; add a pint of Cream, a quarter of a pint of Rose-water, half a pound of Sugar, half an ounce of beaten Cinnamon and Ginger; then add Runnet; bread it up and dry it; press it in a Mould, and serve it up in a dish of Cream.

Cream and Codlins, how to order in the best manner.

Scald your Codlins, take off the skins, and cut out the Core; mix the pulp with Sugar and Rose-water; add a quarter of a pint of Cana- and a quart of Cream, and serve it up.

To make an Excellent Junket.

Take Goats or Ewes Milk, put them over a fire, and when they are a little warm, then add Runnet, and let it cool; then strow on it Cinnamon and Sugar, over that cast Cream, and strew Sugar upon the Cream, with Rose-water.

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To make a Whipp'd Syllabub.

Take a pint of Cream, six spoonfuls Sack, the Whites of two Eggs, two ounces of fine Sagar, and with Birch-twigs, beat till it froth well; scum it and put it into your Syllabub-pot.

To make Cream of Codlins.

Scald them and peel off the skin, scrape the pulp from the Core, and strain the pulp, mixed with Sugar and Rose-water, through a coarse Linnen Cloth: lay your Codlin pulp in the middle of a dish, and raw Cream round it, adding more Sugar and Rose-water.

To make a Cream-Tart.

Take Manchet, chip it and grate it; mix it with good Cream and sweet Butter; take a dozen yolks of Eggs, beat them well with Cream, adding four ounces of Sugar: boil them altogether till they come to a thickness; make two leaves of Paste as thin as can be raised but very shallow: put the Materials before mentioned into it, and cover it with the lid; then bake it, strew Sugar on it, and serve it up.

To make Curran-Cream.

Bruise red Currans in boiled Cream, strain them through a Sieve; add Sugar and Cinnamon, and so serve it up: And so you may use Rasberries or Strawberries.

To make Cream of Eggs.

Take a quart of Cream ; and when it is hot, beat into it the Whites of five Eggs, and let it boil, adding two Spoonfuls of Rose-water : being enough, let it cool, and add a little Salt, and scrape on it fine Sugar.

To make Curd Cakes.

Take a pint of Curds, four Eggs, leaving two of the Whites ; add Sugar and grated Nutmeg, with a little Flower: mix them well, and drop them like Fritters into a Frying-pan, in wick Butter is hot.

To make fresh Cheese.

Take a race of Cinnamon, scald it in new Milk or Cream ; and taking it off, sweeten it with Sugar ; then take a Spoonful of Runnet to two quarts of Milk ; cover it close, and let it stand till the Cheese comes : strew then upon it Sugar and Cinnamon, and serve it up with Sippits dipped in Canary or Whitewine.

To make Goosberry-Cream.

Let your Goosberries be boiled ; or for want of green ones, your Preserved ones will do : and when your Cream is boiled up, put them in, adding small Cinnamon, Mace and Nutmeg ; then boil them in the Cream, and strain all through a cloth, and serve it up with Sugar and Rose-water.

To make a Cream Fool.

Heat two quarts of Cream; when it is boiled, add the yolks of twelve Eggs, having first beat it in three or four Spoonfuls of cold Cream, straining them into the pot; stir them to prevent burning: when having boiled a pretty while, take them off, and let them cool, adding two or three Spoonfuls of Sack; fasten Sippits to the Dish with Syrup of Rasberries: sweeten your Cream, pour it in, and serve it up.

To make Clouted Cream.

Set new Milk on the fire twelve hours, without suffering it to boil; add Sugar and Cinnamon, with a third part of Cream, and serve it up.

To make a Goosberry-Fool.

Pick your Goosberries not ripe, boil them in clean water to a pulp; take six yolks of Eggs, a quart of new Milk, Rose-water and Sugar; put the latter in when the former is well boiled, and suffering them to boil a while, serve the whole up in a large Dish when it is cold.

To make a Tansey.

Take six Eggs, but the Whites only of three; beat them in Cream, then stamp green Wheat-blades, Violets, Spinage, Succory and Strawberry-leaves, of each a handful, with

a few Walnut-tree-buds; adding Cream as you beat them: strain out the Juyce, and add it to the Eggs; and more Cream; as also Crumbs of Bread, Cinnamon, Nutmeg, Salt and sweet Butter, the latter being put into the Fry-ing-pan; adding, lastly, the Juyce of Tansey and Sugar: fry them like a Pan-cake, very thin, and serve it up with Rose-water and Sugar.

To make Snow-Cream.

Take the Glee of half a dozen Eggs and Rose-water, beat them with Feathers till they become like Snow; lay it on heaps, and Cream that has been boiled and cooled, with scraped Loaf-Sugar: heat it again, and serve it up as soon as it comes to be cold a second time, upon Rosemary or Bay-branches to thicken; that it may stick the better, add some grated Bread.

To make a pleasant Syllabub.

Take two quarts of Milk come newly from the Cow, half a pint of Verjuyce being added, take off the Curd, and put to it more a pint and a half of Cream: beat them together with Sack and Sugar, and put them into your Syllabub-pot for your use.

To make a Cream, called Quince-Cream.

Roast four or five ripe Quinces, and pare them; cut them from the Core in thin slices; boil the slices in a pint of sweet Cream, with

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a root of whole Ginger : when it is boiled to a pulp, strain it ; and adding Sugar, serve it up cold.

To make the best Jumballs.

Take a handful or two of Wheat-flower, and a pound of white Sugar ; mix them well, adding the Whites of two Eggs, and a pound of blanched Almonds well beaten, with half a pound of sweet Butter, and a spoonful or two of Rose-water : to these add more, half a pint of Cream ; mould it till it become a Paste ; rowl it into what shape you please, and dry it while, then gently Bake it : Of this quantity you may make twenty or more.

How to make an Angeller.

Take a pint of Cream, and double the quantity of Milk, putting to them a small quantity of Runnet ; and when it thickens, take it up with a Spoon, and put it into a Fat, there let it continue till it is very stiff, then salt it ; and when it is so, let it dry, and at the end of three months eat it.

To make Sage-Cream.

Take a quart of Cream, boil it well, then add a quarter of a pint of the Juyce of red Sage, half as much Rose-water, and a quarter of a pound of Sugar, and it will be an excellent dish. And thus you may use it with any sweet Herbs, which will render it pleasant and healthful.

A Messeline, or Mixture of rare and curious Receipts, Things and Matters; Added as an Appendix to this Impression, for the better encouragement of the Buyer, not any of them being to be found amongst the Curiosities of the First Edition of this useful Book,

Most Approved Physical Receipts.

An Excellent Balm for the Epilepsie, Vertigo, Palsie, Cramp, and Pain in the Back, and all cold Afflictions of the Nerves and Joynts.

TAKE of the Red sort of Old Tile-stone, in small pieces; Calcine or burn them, and quench them in the purest Olive-oyl, after which beat them into fine Powder, and put that Powder, sprinkled with a little Muscadell, into a Cucurbite of Glass, Luting the Joynts well together; and it being in that manner set over a gentle fire, the Balm will arise: which being taken away, and used by the anointing the afflicted part, or snuffing up the Nostrils, will ease the Pains premised.

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A Receipt to make Orvietine, or the Famous Antidote against Poyson, Infection, by being amongst Diseased persons; or suddenly coming into infectious or noysome Air, and to prevent or eradicate any contagious Disease, disperse Cold and prevail against Agues and Fevers.

Take of the Powder of Bezora-stone two drams, the Powder of dried Foxes Lungs half an ounce, the Oyl of Cinnamon a dram, half an ounce of the Juyce of Herb-a-grace, the Powder of Red Corral a dram, and two scruples of beaten Peel; add to these half an ounce of Elecampane-roots; and two drams of Storax bruised into Powder: put them into half a pint of Red-wine, and let them simmer over a gentle fire till they are well incorporated, and then make them into an Electuary, keeping it as close as may be from the Air, and take, as occasion requires it, about the quantity of a Hazel-nut, and after it some warm Broth or warm Posset-drink; keeping your selves close for an hour or two after, and it will effect wonders.

An Excellent Wine, or Medicinable Drink against the Pox, Plague, Measles, Small-Pox, Spotted-Fever, or any infectious Disease.

Take of the best Old Mallaga a quart, add to it a pint of Rhenish-Wine; Then take of Baum, Sage, Rue, Red-Sage, Maiden-hair, and

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and the Leaves of Germand, each an ounce :
bruise them and boil them gently in the Wine,
till a third part be consumed, then add Pepper,
Ginger and Nutmeg, of each three drams
well beaten; and of Venice-Treacle an ounce :
Lastly put in a quarter of a pint of Saffron
and Angelica-waters, and Morning and Evening
take a Spoonful to your great advantage;
for thereby you will be eased of the oppressi-
on that Nature labours under, and be enabled
to conquer the Disease.

Rare Curiosities, not before made Publick.

Marmalade of Pruins, Raisins, Currans, &c.
how to make it of an Amber Colour, capable of
keeping a Year.

TAKE your Fruit, and steep them in a
proportionable quantity of Water, till
by being over a gentle fire they become soft
and pulpy; then stone the Pruins or Raisins,
and put them into as much Canary as will
wet them; after that press out the pulp, and
boil it up with some slices of Quinces; then
strain it again, and put to each pound half
a pound of Sugar, and half a pound of cla-
rified brown Sugar-candy in Powder; and
so putting the pulp, well mixed with the ad-
dition, and sprinkled with Rose-water, into a
glazed-

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glazed-pot: dry it a little in an Oven or Stove, and keep it for your use.

A Perfume wherewith to Perfume any Confections, &c.

Take of Myrrh a Scruple, Musk the like quantity, Oyl of Nutmeg the like: infuse them in Rose-water, and with it sprinkle your Banqueting-preparatives, and the scent will be as pleasant as the taste.

To make a Dish seem a pleasant Garden, or pleasant Hill of Fruits and Flowers.

Take a dish that is somewhat large, cover it with another of the like bigness, and place the uppermost over with Paste of Almonds, in-lay'd with red, white, blue and green Marmalade or Quiddany, in the figure of Flowers and Banks; then take the Branches of Candied Flowers, and fix them up-right in order, and upon little Bushes erected and covered over with Paste, fix your Preserved or Candied Cherries, Plumbs, Pears, Apples, Goosberries, Currans, and the like, each in his proper place: and for Leaves, you may use coloured Paste, Wax, Parchment or Horn; and this, especially in Winter, will appear not only gloriously strange, but even strike, if it be well ordered, admiration in the Beholders.

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The Approved way to keep Goosberries, Cherries, Currans, Cornelian-Berries, Plumbs, Apricocks, Grapes, and the like, all the Year, in their substance, colour, and proper taste, in order to make Tarts, or the like, at any time of the Year, as if it were at the proper season.

Take Stone-bottles, glazed within and without; boil them well in fair water, then dry them in the Sun; after which, having gathered your Fruit somewhat before they are ripe, take them free from Leaves, and with but indifferent Stalks, and put them whole without any bruising into the Bottles: then take fair water, and boil it till no more scum will appear; after that let it settle, and so draw it off; adding to each quart, a quarter of a pound of white Sugar-candy in Powder, and so boil it up again with a quarter of a pound of Loaf-Sugar, till no more scum will appear; then the liquid part being cool, fill up the Bottles; after which stop them with sound Corks; and having pieces of thin and pliable Lead, clap them over the Corks, and wyre it down under the bearing or rising of the Necks, and set them in a close Vault, and when you open them, the Fruit will be fresh and sound. Some there are that hold this may be done without any Liquor; but this I hold the best and surest way to preserve them.

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them either from shriveling up for want of moisture, or becoming musty.

To make Frayse appear like Rashers of Bacon.

Take of fine Flower half a peck, mingle one half by its self with Water and Butter, and to the other add Milk wherein Turnsole has been steeped, with a little of the Powder of Lake; and having cut them out into slices, fix a slice of the one to a slice of the other at your discretion; and when they are fryed gently, or rather baked, they will deceive the most curious as to the sight of them.

Curiosities, rare and new, for the Beautifying and Adorning the *Female Sex*, with other Matters of moment.

To make a young Face exceeding Beautiful, and an old Face very Tollerable.

TAKE of Benjamine two handfuls, Scabious the like quantity, the Roots of Comfry a handful, Penny-royal and Rosemary, of each a handful: wash and pick them clean, then steep them a day and a night in White-wine, sprinkling them afterwards with Powder of Myrrh; and so put them into a cold Still, and the Water so drawn off will exceed any Wash in use, and not at all prejudice the party when she leaves it off, as those

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those which are Chymically prepared do, by rendering those old and withered even in the prime of their youth, who accustome themselves thereto.

A sweet Wash to cause the Body to cast a fragrant scent, when washed therewith.

Take Hyssop a handful, Baum the like quantity, Garden-Musk, and the Bloom of a Peach-tree, of each half a handful: infuse them, with the Powder, into Frankincense, and a small quantity of the Oyl of Spikenard, in running-water, over a gentle fire, and so with the liquid part wash or bathe the Body, and it will over and above create a fresh and pleasant Colour.

An Excellent Oyntment to Beautifie the Hands and Face, and take away any Deformity: never before Published.

Take of the Oyl of Myrrh half an ounce, two ounces of the Marrow of Hogs or Calves-feet, an ounce of the Water of Tartar, and half an ounce of the Oyl of Spikenard: mix them well over a gentle fire, and allay their heat with two ounces of the Oyl of sweet-Almonds: and being cool, anoint the Face or Hands therewith, and it will not only take away any Spots, Morpew, or the like, but create a lovely Colour, and render a pleasing or tempting softness.

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*Such Pow'r, you Beauties, I thought fit to give,
That killing others, you might let me live.*

*To make a rough Skin smooth, and Wrinkles
disappear.*

Take of the Oyl of Swallows an ounce, the like quantity of that of the Mandrake; half an ounce of the Oyl of Pomgranet, and half a pint of Ewes Milk: incorporate them to a moderate thickness over a gentle fire, and then add a quarter of a pint of the Cream of Almonds, and with it supple and anoint the rough part; and in so often doing you will find it restored; as also the wrinkles and wither'dness to be fill'd up and plump'd.

Rare and new Experiments relating to *Laundering, &c.* never before Published.

*To restore Linnen that is scorched by hanging,
or being too near the fire, &c.*

TAKE half a pint of Vinegar, two ounces of Fulling-Earth, an ounce of Hen's Dung, half an ounce of Cake-soap, and the Juyce of two Onions: boil them to a thickness, and spread the substance Plaister-wise upon the scorched place, and it will (if the scorching be not quite through, so that the threads

threads are not dissolved) recover the scorch, and render it, after a Washing or two, as before.

To make Cloths that have been abused in Washing, Yellow, or Mildewed, by lying in damp places, white and fair.

Take of the Oyl of Orpine two ounces, the Water of Plantane the like quantity, and of the Juyce of Burdock-roots two ounces: scrape into them half a pound of Castle-soap, and a quarter of a pound of the best Fulling-Earth, with a like quantity of Chalk: infuse them in hot water, and let the Cloaths soak in it over a gentle fire; and so washing them out in other water, five or six hours after you will find them exceeding white.

To recover Lawn, Tiffany, Musling or Lace, when they are faded.

Take of the Water of Vervine a quart, half a pint of the Water that distils from the Vine, a handful of the Roots of Primroses, and as many Rosemary-flowers; add to these a quart of new Milk; boil them together, with the further addition of two ounces of Allom Powder, and steep the things therein a night and a day, by which means they will in Washing not only prove much whiter, but contract themselves, grow stiff, and continue a gloss or lustre, for a time, as if they were new.

These

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These things being exactly performed by those for whose sake they were written, will, no doubt, turn to their credit and advantage.

C H A P. XVIII.

The Judicious Midwives Advice, or Directions relating to the Delivery of Women in case of Natural or Unnatural Births; dead Children, &c. Also how they ought to be used before and after Delivery: With Excellent Receipts and Applications in divers cases; and for Curing Distempers incident to the Sex, &c.

AS this Undertaking ought to be performed with modesty and caution, so I shall observe both; and though it may seem brief to some, yet it cannot but be necessary and useful: Wherefore I have placed it as an Appendix to this necessary Book, and in all, consulted the Opinion of the Learned.

As for a Midwife, she out to be well qualified, knowing and expert before she undertakes so great a Charge, not too hasty, nor too slow in the performance of her Office, and ever have the fear of God before her eyes, as the *Egyptian* Midwives had, when they refused to destroy the *Hebrew* Male-children, as regarding their Oaths on Earth, which is, no doubt, bound in Heaven. But not longer

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prologue, I shall proceed to the material matter, and first, what ought to be observed upon the lying down of a Woman in Child-bed.

If her Travail be hard and tedious, to enliven her spirits, and keep her in heart, give her Cordial Essence, Syrups or Cordial Waters, such as are suitable on such occasions: she may also take Chicken-broth, seconded by a Poach'd Egg, or such like matter; not to excess, but moderately. As for the Postures in case of Delivery, few are ignorant of them; therefore, to avoid obscenity I shall wave them, and proceed to what is more necessary and material.

In case of Delivery, the Midwife must with patience expect the assistance of Nature, which on that occasion wonderfully operates, and not abruptly break the Membrane, lest the life of one or the other be endangered, unless a great necessity require it, but rather suffer the Child's head to do it; and when that is done, and the pangs come gently, draw forth the Birth, if it be the right way forward; if not, means must be used to turn it, as the motion of the Woman, and the diligence of the Midwife. Walking up and down the Room, in this case, if the Woman be able, is not at all amiss, nor sudden turning her self, whereby she may reduce the Infant to a right posture,

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posture, and so have an easie Delivery: for Children in the Womb lying cross-ways or sprawling, not only occasion danger to the Woman, and hard Labour, but sometimes, by reason of an unskilful Midwife, Death to the one or the other, the Natural Birth being with the head foremost; and when a Child is so taken forth, commonly with the face downward, lay it upon its back for the advantage of respiration, and then with an Instrument very sharp, let the Midwife cut the Navel-string about four Inches from the fastning, tying that that remains with a piece of silk string, cover then the Child's head and stomach, not suffering any thing to press the face.

The Child being thus ordered, let the Midwife commit it to the Nurse, or the Woman that assists, and take care of the Woman in bed, in taking from her the Secondine or After-birth with care and caution, which is easiest done, they being contracted Membranes, by easily moving till Nature effect the rest; and if there appear a difficulty therein, many are of the opinion that the Womans holding Salt in her hand fast grasped, it is much available in facilitating the business. Breathing hard, or rather straining when the Breath is held, is another expedient; or by straining to Vomit; all being helps

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to Nature: But if these prove ineffectual, the
scent of *Asa-Parida* is an Expedient, or drink-
ing the Juyce of Elder, especially if the Wo-
man be troubled with the Wind-Cholick, cha-
ging the Belly is not the least expedient to
forward the matter, for thereby the Wind
that obstructs is dispersed or expelled: If
these fail, the Midwife, by her discretion,
must gently draw them forth.

Many Births there are that are called Un-
natural, because they by accident, or the evil
situation of the Womb come not forward
the right way, some lying cross, others with
their Feet downward, others sprawling; some
with their necks bowing, and others with
their Arms stretched out, so that they create
great pain and trouble: Therefore of these
I shall speak and give Instructions to those of
the profession that herein are ignorant.

In many of these cases, great caution must
be used to turn the Child, not only by the
motion of the Woman, but by Fomentations,
if occasion require, and by the hand of
the Midwife, either to turn the Child in the
Womb the right way, or to contract the
Members, that it may be brought forth by
dilating the Womb, and thereby making
sufficient way to do it, removing what ob-
structs the passage; and having by degrees
brought

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brought the Infant into a convenient posture if it may be, tenderly move it, the hand being before that attempt anointed with Pomatum, the weakest, or what is more convenient, fresh Butter; letting forth the Waters, if they are not come down; and whether it lye cross or sprawling, feel for the feet; and having gotten them, by degrees draw the Infant gently forth, encouraging the Woman to strain, and giving her leave between whiles to breath; and that in such a case she hold may not fail, a Linnen Cloth about the Thigh of the Child will not be amiss; and after the Birth, do as in case of a Natural Birth.

If a dead Child be in the Womb, and Nature be deficient, as in that case mostly it is, Art must be used, and the Child, if it cannot be otherwise, must be drawn forth with an Instrument hooked and fastned in the Skull by the Eye-hole. This likewise must be done with caution, and the Woman after it carefully regarded; encouraging her, and not being dismayed at any cross accident, but rather recollect her senses, that she may be the better able to perform her Office; Wit, in the greatest Exigencies, being most needful. And when she is eased of her burthen, give her for her further comfort a Toast in Ipocras or Canary; or in case, she cannot be delivered

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ered with conveniency, the better to insure it, let her take the following Drink.

Cut blue Figs six or seven; Mugwort, the seeds; of Rue and Fenugreek, of each two drams; Water of Penny-royal and Motherwort, six ounces: decoct them till half be consumed; strain them and add of Saffron grains, and the Trochises of Myrrh a dram, and a dram of beaten Cinnamon: sweeten the liquid part, and suffer her to drink it hot.

Resting a while, let her again try her strength, but not put it out to extremity, lest she become too feeble; and then if she be not eased of her burthen, it will not be amiss to make a Suffumation of *Oppopanax*, *Castor*, *Sulphur* and *Assa-fatida*, of each a dram beaten to Powder, and wetted to a stiffness, with the Juyce of Rue, burnt on a Chafing-dish of coals, and the smoak pass through the narrow end of a Funnel, so as to affect the Matrix only, and so wait the good time.

A Woman being Delivered, either of a Natural or Cross Birth, it will be convenient, if she have had hard labour, to wrap her in the skin of a Sheep, the fleshy side being warm towards her, especially to her Reins and Belly: or for want of it, a Coney or Hare's Skin newly flea'd and warm, chafing her Belly with Oyl of *St. John's Wort*; and swathing her

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her Back and Belly with fine Linnen a quart
of a Yard broad, covering her Flanks with
Quilt or little Pillow, applying a warm cloth
to her Nipples, but use not presently striving
by any Application to drive back the Milk
lest it cause an Inflammation by the continuance
of the evil humour; twelve hours at least, be-
ing allow'd by Physicians for the circulation
and settlement of the Blood, and what is
cast upon the Lungs by vehement agitation
for in this case Nature is wonderfully out of
frame, there not being a Vein nor Artery but
what is stretched and moved.

About six hours after Delivery, or less, a Re-
storative may be made of the yolks of two
Eggs, a pint of White-wine, a quart of Milk
Oyl of St. John's wort and Roses, each an ounce
Plantane and Rose-water, of each the like
quantity: mix them well, and dip a cloth in
them folded; warm it and apply it to the
Breasts, and it will much abate the pangs.

To sleep immediately, though the Woman
be inclinable, is not at all convenient; for
hours after Delivery give her Caudles and
nourishing Liquids, and let her sleep if she
is minded: And in case of a Natural Birth
no more is required, unless some more than
ordinary Indisposition happen.

But in case of Unnatural Births, or extre-
mity

other things are to be considered; As
observe a temperate Diet, which must con-
for the first five days of Panado's, Broths,
of Chickens or Calves-feet, poached
French Barly-broth, &c. and as she
strengthens, so let her increase her eating.
no Fever afflict her, she may, as she sees
ast, drink Wine moderately, Syrup of
or Maiden-hair, and such-like Astring-
: And so the danger being past, Broths
Meat, or Meat it self, will not be amiss,
she may the better recover her strength,
eighth day being the soonest to venture
them, the Womb then, for the most part,
ing it self; avoiding, as much as may be,
in the day time. And in case of Costive-
or the like Obstruction, which too fre-
happen, a Clyster of mollifying Herbs
a present removal: and in all such cases, and
any other, what follows is held material.
the Marsh and Field-mallows, Peletory of the
Wall, Cammomoil and Melilot-flowers, of
a handful: boil them in Water where-
a Sheeps-head has been boiled; strain them
when boiled, and into a quart put an ounce
of course Sugar, and as much Honey, with
an ounce and a half of fresh Butter; and if it
operate not to the purpose, half an ounce
of *Carbolicum* will not be amiss.

It

It is useful for Women to Wash after Delivery; and how to make these Washes, not being Vulgarly known, I shall give directions.

For the first Wash, Take a handful of Cherries; which being boiled in a quart of Water, add a Spoonful of Honey of Roses, and wash with it eight days, and then use another, *viz.* Take red Roses, put them in a Linnen bag, boil them in half a pint of Water and as much White-wine; strain the liquid part, and use it. Some require a third, and that may be made of the Decoction of Roses, and a pint of Myrrh-water.

To make Astringents useful on this occasion, Take the Seed of Pomgranet, Roach Allom and Galls, of each two ounces; Red Roses, and the Roots of Knot-grass, of each four ounces; the Rinds of Pomgranet and Cassia, of each three ounces; Water-Roses Myrrh and Burnet, of each an ounce; half a quartern of White-wine; and of Smith's Water a quarter of a pint. Take two bags of a quarter long, and half the breadth; boil them in Water, with the Drugs, &c. and apply them successively, as is convenient. To make an Excellent Plaister, Take Venice-Turpentine, *Spermaceti*, Rose and Plantain-water, of each an ounce and a half, with eight ounces of Bees-wax; bruise and melt them,

ding an ounce of white Lead : make a plaister of it, and apply them to the Belly and pipples, anointing them first with *Spermaceri*, and it will remove the Inflammation, and afford much strength.

Cleansing before rising being convenient, shall not omit to give Directions, as thus : Take half a pound of bitter Almonds, blanch them and beat them into Paste, with powder of Grise, and the yolk of an Egg : put it into bags of Shammey, and dip it into red-wine, and apply it to the places whence the sore-cloth was taken, and wash it in the Wine wherein Orange-flowers have been steeped.

To prevent the cudling of the Milk in the breast, Boil the Roots of *Althæa* in White-wine-Vinegar, strain the liquid part through Sieve, adding Bean-flower an ounce, Oyl of Mastick two ounces, Powder of dried Mint and Rue, of each a dram : make them into Oyntment, and anoint the Breasts.

To dry up the Milk, many ways are used, but this the best, *viz.* Take new Honey, the Juice of Sparemint and Shepherds-purse, of each an ounce, and put half an ounce into chicken-broth each morning.

To remove a pain in the Breast, Take two ounces of Bees-wax, Oyl of Nutmeg and Rape-oyl, of each half an ounce : make them into

into an Oyntment; spread them Plaister-wise and apply them to the Breast.

In case the Belly swell, which after Delivery often happens, Take Barley and Bean-flower, finely sifted, of each four ounces; half a pound of Spanish Figs; of the Powder of Brick, two ounces; one ounce of Cyprus-nuts: boil them well in the Water of a Smith's Forge, and apply them as a Linement to her Belly.

If an Inflammation of the Breast happen, make a Cataplasm of the Leaves of Melilot and Night-shade, each a handful, boiled in Spring-water; adding two ounces of Bean-flower, of Oyl of sweet Almonds and Oat-meal, each an ounce, and make a timely Application.

To cure a Tumour in the Breast, which proceeds from a thick and unnatural Vapour arising from the Menstrual Blood, the Woman must be moderate in Diet, drinking Water wherein Cinamon and Anniseeds have been Concocted; as like wise the Rind of Citron; observing evermore to take such things as are proper to provoke the Courses; as the Juyce of Celendine, Groundsel, Cammomill, and Ground-ivy boiled in White-wine: and in often so doing you will remove the pain, and render ease to the part.

The Judicious Midwives Instructions. 169

Additional Experiments, or the *Judicious Midwives* farther Instructions, not published in the former Edition.

And first of Weakness, &c.

IF it happen that the Woman after her Delivery be very weak, then, to prevent her much striving, the Nurse, with other help, must turn her as occasion requires, lest the whole frame being out of order, the dispersed humour gather to one place, and create a relapse, which is very dangerous: notwithstanding, for a farther prevention of it, she may take at the end of days the following Cordial, *viz.*

Take of the Syrup of Violets half an ounce, the like quantity of that of Citrons; add to these, two drams of the Powder of Rhabarb, and an ounce of Treacle-water, with as much *Diascordium* dissolved in it as will lye upon a Six-pence; and to all these add half a pint of Hylop-water, and let her take an ounce at a time, and after it some Broth or warm Posset, the Midwife being ever careful that nothing of the After-birth remains, lest thereby Fits and Obstructions may be occasioned.

The Woman in this case ought likewise to be very careful of her self, till the Body, that by any violent or unnatural Birth especially is

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much distempered and disordered, be settled, and in good temper; for often by a too timely rising and stirring, the cold has opportunity to penetrate and settle in the open parts of the joynts, causing numbness and pains in limbs, and sometimes by such violent intrusions ferments the Blood to the degree of a Fever.

To prevail against which, Take of the powder of Elecampane an ounce, Conserve of red Roses two ounces, Pomgranet-seeds beaten to Powder an ounce: dissolve them in white wine, two drams or somewhat more at a time, and drink the Wine as warm as may be convenient.

New and rare Experiments in Cookery, not before made Publick; as also in Dairying.

To roast a Salmon whole the Italian way.

TAKE a middle-siz'd Salmon, draw him, and scrape off the Scales, drying him without and within with a cloth: Then take fine grated Bread, grated Nutmeg, the juyce of sweet Marjorum, Currans and Butter, making them up with new Milk into a Padding, the which you must thrust in at his Gills, till the Belly be pretty well stuffed; then with white Filliceing bind him to the Spit; and at first baste him with a little Salt and Water, then with Verjuyce and Sugar, and lastly, with Butter and red Wine beaten up together: when being enough, open
beaten

his Belly, slit him in two halves, and lay the Pudding one half on one side, and the other on the other side, and serve him with a Garnish of whole Spices and Anchovey-sawce.

To roast a Turkey, Swan, Heron or Bitron, the French way.

Draw your Fowl, put sweet Herbs, shread into a Linnen bag, with Butter and Spices: put that into its Belly, then with hot water baist it till it is in a manner parboiled on the spit; after that dry it with a cloth, then baist it with Butter and Ginger till it is roasted and serve it up with Butter, Anchoveys, and the sweet Herbs; Garnishing the dish with Lemon-peel and green things, &c.

To make a Spanish Syllabub the best way.

Take new Milk a gallon, the Flour of sweet Almonds half a pound, Rose-water two ounces, Lime juyce half a pint, the Juyce of Strawberries or Raspices a pint, and a quart of Canary-wine, with two pounds of Sugar; beating them and stirring them together till they roth and become of a pleasing colour.

The Dutch way to make Orange-Butter.

Take new Cream two Gallons, beat it up to a thickness, then add half a pint of Orange-flower-water, and as much Red-wine; and so being become the thickness of Butter, it retains both the colour and scent of an Orange. And thus have I performed my promise in this kind; from whence I shall proceed to the Second Part. H 2 THE

THE SECOND PART: OR,

Appendix to the foregoing Work.
Containing Directions for *Behaviour*, as to
what relates to the *Female Sex*, on all Oc-
casions, &c.

The Author's Admonition to Parents, or such
as have the Tuition of Children, &c.

Among all the Temporal Blessings, God
out of the Abundance of his Bounty
and Goodness has bestowed upon Man-
kind, Parents, in Dutiful and Obedi-
ent Children, have the greatest: Great indeed
is to have Children, and so it was held and
acknowledged by the Fathers and Wise-men of Old
inasmuch that Barrenness was not only looked
upon as a Reproach, but a more immediate Mark
of Heavenly displeasure. Sarah's heaviness was
turned into joy, when Isaac was Born. Rachel
so impatient, that she desired Jacob (as not con-
sidering they were the immediate Gift of the
mighty) to give her Children, or she should
The Mother of Sampson, when the Angel
her (who had, it seems been a long time Barren)
that she should conceive a Son, greatly rejoiced.

H. H.

Admonition to Parents, &c. 173

T: Hannah praying before the Lord with an upright Heart, and pouring out her Supplications to him, to take away the Reproach of her Barrenness, had her Petition answered in bringing forth Samuel. Great was the joy of Elizabeth, the Wife of Zacharias, and Mother of John the Baptist, when she found she had conceived; insomuch that she tryed as in a Rapture, Thus hath the Lord dealt with me in the days wherein he looked on me, to take away my Reproach amongst men. And one of the chief Blessings the Kingly Prophet pronounceth to the just and upright Man, That his Children shall be like Olive-Bran-ches round his Table. If the having Children creates such joy, how ought it to multiply in the Hearts of Parents, who are appointed by God to watch over them for their good, when through their encouragement and industry they see them arrive in some measure, to a perfection, in the knowledge and practice of Divine and Moral Virtues, whereby they are rendered not only capable of an Immortal state, but of gaining a good Repute and lasting Memory amongst Men: The consideration of which, doubtless, made Solomon deliver it as a Maxim, That, A wise Son made a glad Father. And in this case Children are more bound to their Parents for their Education, than for their Bearing them: Nor is it a Duty less incumbent on Parents in the discharge of their

Duty towards God, to see to their utmost, those Children he has intrusted them with, as pledges of his kindness, brought up in his fear, by a timely seasoning them in the ways of Virtue, than it is on the Childrens to make grateful returns and acknowledgments for the care and cost they have bestowed on them, in nurturing and bringing them up; imagining, that upon the receiving of every such Blessing, they hear the Almighty Donor speaking as Pharoah's Daughter did to the Mother of Moses, Take this Child and Nurse it for me, &c. These things rightly weighed and considered, may induce those Parents, who would be happy in their Posterity, to be more than ordinarily diligent in laying a good foundation for Virtue to build upon, their own good Example being ever the Corner-stone of such a Structure; for nothing sooner makes an impression in tender Years, than Precedents in Infancy, like Wax, taking and retaining the figure of that Seal which first impress'd it, unless it be rudely defac'd by another, or purposely destroyed.

On this occasion much more may be said, but Parents naturally inclining to do what may turn to the advantage of their Children, I shall in this place press it no farther, but proceed to lay down Rules and Directions for the Carriage and Conduct of Young Gentlemen, &c. that Climbing by degrees to the

Summit

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Summit of Internal Adornment, they may raise themselves a lasting Monument, seeing Virtue survives Time, and shakes Hands with Eternity.

Yours to serve you,

J. S.

C H A P. I.

Admonitions to young Gentlemen, in the first place, to observe their Duty towards God.

TO be enflamed with the Love of Sacred things, is undoubtedly a Foundation for early Virtue to build on, and is frequently an Introduction to whatever we can justly and truly term Good or Great: Therefore as you first owe your Duty to God who made you, and on whom depends your Being and Well-being, not only here, but hereafter; you must above all things, consider his Glory, and endeavour as much as in you lies, to render him tribute of Praise and Thanksgiving, imploring the Assistance of his Divine Grace, to Instruct and enable you to supply your Defects, and increase your knowledge, and in so, *Remembering your Creator in the days of your Youth.* That God, who loves the early Sacrifice of the Heart, will not be wanting to over-shadow you with the Wings of his Providence

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vidence, and keep you from falling into those snares Satan lays to intrap you.

To induce you to Holy desires, and confirm you in the way of Truth, as you increase in strength, As soon as you are capable to read well, (which ought to be in the sixth Year of your Age at farthest, for otherwise you or your Parents will be subject to a censure of knowledge) you must apply your self to the reading of good Books ; and strive, the more you read, the more to conceive a delight and pleasure therein ; that growing up, you may say with Holy *David*, *From my Youth have I loved thy Law* : And in seriously considering what you read, it will be very profitable for you to retain in your Memory such comfortable Sentences as being repeated, raise in you a holy joy, or more than ordinary desire to meditate and enter upon a Contemplation of those things that are thereby expressed ; and these must be chiefly taken from Holy Writ : But, above all things, be not remiss in the duty of Morning and Evening-Prayer ; and that you may be the better prepared for such holy Exercise, get by heart, and retain in your Memory the *Pater-Noster*, or the *Lord's Prayer*, the *Belief*, or the *Apostles Creed*, and other good Prayers suitable to your capacity. Get by heart likewise the Churches *Catechism*,
but

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but especially the *Ten Commandments*, that you may the better understand the Will of that God that made you, and the World; and be cautious to offend him in breaking any of his Laws by thought, word or deed; considering that from him, who is the *searcher of hearts*, nothing can be hid; for to him Darkness is as Light, and before him all the secrets of our hearts are laid open. Lying, above all things, must be abhorred, and the Name of God never mentioned but upon pious and lawful occasions, (and then too with the profoundest Reverence.) The Company of naughty Children, whose words and manners may offend or tend to corrupt Youth, though your near Relations must not only be reprov'd by you, but, growing incorrigible or irreclaimable, shunn'd and avoided; and as often as stands with your conveniency, especially every day between the Morning and Evening Duties of Prayer, read little or more, some portion of Scripture, with heed, reverence, and a comely gesture, as considering it is the Word of God, *Written by Holy Men, inspired for our Learning*. And if it be in private you read, where none but your self is present, pause and meditate on those Sacred Truths as your Heart is most inclinable.

As for the Sabbath-day, a Day holy set a-

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part by God, as more peculiarly designed for his Worship, though it ought on no day to be omitted. Observe to keep it with the greatest strictness, keeping not only your Actions and Words, but, if possible, your very Thoughts within compass; and spend that day, especially in Praise and Thanksgiving both in private and publick Devotion, with a firm Faith, and full Reliance on God's mercy and goodness, for your protection and preservation in this life, and for his promises of a better life in the World to come.

When you are at Church, let not your Eyes by any means wander, nor your Body move in an unseemly gesture; but in all things so behave your self, that you may be an example to others. If at any time you are exposed to Melancholly or Discontent, pray to God to remove it; if to Mirth, let it be harmless and innocent, avoiding lewd sights, or hearing Songs that may attend to corruption and debauchery; but rather follow on this, as well as the former occasion, *St. James's* direction or advice, *viz. If any be afflicted, let him pray: if merry, let him sing Psalms* ch. 5. ver. 13. And in thus doing you will treasure up Blessings to your self; for if you carefully perform your duty in serving God as you ought, he will not withhold from you any thing that is necessary;

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necessary ; for to those that seek first the Kingdom of Heaven and its Righteousness, all other things shall be added.

And thus much may briefly suffice to instruct you how you ought in duty to behave your self towards your Maker ; From which I shall proceed to the next incumbent, which is your Duty towards your Parents, &c.

C H A P. II.

Instructions for Young Gentlemen in Behaving themselves dutifully towards their Parents.

AS our Parents are those from whom, next God, we have our Being, and by whose tender care and separable love we are nourished and preserved from innumerable dangers and hazards ; therefore ought we to render them suitable returns, as far as we are able, and more expressly in a grateful acknowledgment by our duty and observance. Therefore young Gentlemen, take notice that you should no sooner arrive at moderate years of understanding, but you ought to understand your Duty towards your Parents ; and that you may not plead ignorance, I will briefly lay down such Rules as may inform you what is necessary to be observed.

In the first place, your Reverence, Love, and

180 *Of Behaviour and Duty to Parents.*

and Obedience, is strictly required, not only by the Tyes of Nature, but by God's Holy Word, as fundry places in Scripture manifest; nor can their Infirmities in any-wise absolve you, or dispence with your non-performance; but in such a case you ought to double your observance, that thereby, as much as in you lyes, you may hide their weakness and defects from the eyes of others.

You must observe at all times to obey the Will of your Parents (if it be in your power, and not contrary to God's Command) without repining, or entring into dispute, performing what you do with cheerfulness, shewing by your willing mind your ready Obedience, and by your quick dispatch, demonstrating the pleasure you take in the performance, shunning all occasions of giving them any disquiet, pacifying their anger, if it at any time arise, with submission either in words or by behaviour, tempering your Actions with a moderate sweetness of disposition and silence, for too much Ostentation or Loquacity is displeasing: When your Parents grieve, be you sad; when they rejoyce, be you pleasant, as sympathizing with them in heaviness and joy; yet be not over inquisitive into the cause; but if you are desirous to know it, wait their leasure to reveal it, or learn it from some other hand.

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Forget not to pray for your Parents as often as you put up your Vows to Heaven, beseeching the Almighty to shower his Blessings upon them; which is one great advance by which a Child endeavours to make his Parents restitution for their care and tenderness; for nothing without calling God to your assistance can in that nature be effectual; the difference being otherwise so vast between what has been done for you, and what you can do to deserve it.

Let not the hopes of Riches, no, nor the severity of your Parents, imprint in your mind a desire of their Death, lest the Almighty be offended, and shorten your days.

Shun those that speak ill of your Parents, and would make them seem contemptible in your eyes: Nor let their Poverty, should you be advanced by any means to Riches or Honour, render your Duty and Obedience less, for they cannot be but the same in all conditions: If they be poor, you ought to relieve them; if they are weak of understanding, you must assist them with your Counsel: If they be injured or oppressed, endeavour to succour and redress them; for no years can exempt you from observing your Duty to your Parents; nor ought you to dispose of your self in Marriage, nor otherwise, without their allowance and

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and consent, your Person being indispensibly theirs in a lawful way to dispose of. And so it was under the Law of *Moses* in relation to a Virgins Vow; the which, though she had made, yet if her Father approved it not, it was void; as in *Numb. chap. 30. vers. 5.* *But if her Father disallow her in the day that he hear-eth, not any of her Vows nor her Bonds where- with she hath bound her Soul shall stand; and the Lord shall forgive her, because her Father dis- allowed her.* By this we see the great Power that Parents had over their Children, even to a degree of cancelling and rendring of non- effect the obligation of a Vow, which Power was given by God himself.

Certain it is, that no poverty, fault, or unkindness of Parents, can dispense with that Duty and Obedience, which, by the Law of God and Nature, Children owe their Parents, for the tender care, labour and cost, bestowed on them: Nay, though Parents should prove unnatural and expose them, even in their Infancy to a desperate Fortune of hazard and danger; yet still those Chil- dren are bound to perform their Duty, and look for their Reward from him who is the Author of all Blessings.

C. H. A. P.

C H A P. III.

Instructions for a young Gentlewoman at the Age of Six, or upward, how to behave her self towards her Parents, Superiours, Equals and Inferiours, and upon sundry other occasion; as Learning, &c.

IN all your Undertakings, let it be observed that you are an Enemy to Sloth, not only by your early rising, but by your activity; for having neatly dressed you, or caused some other to do it, having prostrated your self before your Maker, and refreshed you with what was appointed, fall upon your Knees before your Parents, and receiving their Blessing, then hasten to School; or else betake you to such business as your Parents or Governess shall appoint you at Home, doing it with cheerfulness, and respect those that are over you, as well in their absence, as when present; and whether it be Reading, or any curious Work, observe that your Face and Hands are clean, and that you handle no dirty or greasie things; neither presume to eat before those who are your Instructors, whilst you are at your Work or Lesson, if there be more under the same Tuterage, behave your self kindly towards them; call no unseemly Names, nor make unseasonable Complaints: Defraud

184 *Superiours and Equals, &c.*

Defraud them not, nor take the least matter by force that is not your own; be courteous and mild, with a decent and winning Behaviour. If your Mistress or Governess be sharp and severe, strive by your diligence to prevent displeasure or correction; and as you approach or return from her, make your Reverence, and the like, to your Parents; make your Obedience in the most becoming and obliging manner, to your Superiours and Equals; nor forget to be courteous to your Inferiours: Be sure your Tongue run not too fast, but in Discourse be moderate; Speak with deliberation, and weigh your Words before you utter them; and where you are seated, observe you continue till you are called thence, or it is time to leave it. In reading upon any occasion, use not a Tone, but read distinctly, observing your Stops, that you may the better understand what you read. In Writing, beware that you blot not your Paper, but imitate your Copy in cutting your Letters fair and even; Let not your Work, of any sort, be soiled or dirty, and keep what things you use in good order, and render your Parents an Account of your improvement.

When you are to be at Meat, be not out of the way, but attend the Grace, and then taking the place that is appointed you: After having done your Reverence, see your Napkin

be fastned about you to save your cloaths,
and thankfully take what is given without cra-
ving; nor is it seemly for you to speak at the
Table, unless you are asked a question, or there
be some great occasion. Cut your Meat hand-
somely, and be not over desirous of Sawce, nor
of another sort of Meat, before you have
disposed of what is on your Plate. Put not
both your hands to your Mouth at once, nor
eat too greedily: Let not your Mouth or
Fingers be greasie no more than need must; and
when you are satisfied, take your Plate or Tren-
cher with you, or give it to those that wait,
and retire, but not out of the Room till Grace
is said, and the Cloth taken away; at what
time making your Obeisance, you may depart,
unless you are desired to stay: Nor must you
sit before your Parents, Governesse or Superi-
ours, unrequired, unless at your Meat, Needle,
Writing, or the like; and observe you attempt
not to drink in any company till you have emp-
tied your Mouth; and that you breathe not, nor
blubber in the Cup or Pot. As for your Recre-
ation, when leisure hours permit, let it be in-
nocent & moderate, never staying late abroad;
and above all, be wary in the choice of your
Companions; and as you grow up, shun the
Conversation of those that have a report of
Lightness, lest they draw you into a snare,
or

or bring a scandal causlessly upon your good Name, but chuse those whose Reputation are candid; Converse with those who are modest, yet affable; Stay not at any time where the least occasion of Lightness and Wantonness is administred; nor lend your Ear to discourse tending to Leudness.

For your Carriage, in the general, let it be a *Medium*, not expressing too much reservedness, which by some, is interpreted Pride, nor too much freedom or familiarity, which on the other hand, will be looked upon for Fondness. Be no Make-bate between your Parents and their Servants; nor at any time tell a Lye to excuse a fault, or keep you from the hand of correction. Go to Bed in due season, without any noise, and never be seen in unseemly Laughter; nor in pointing, or nodding, especially in company, or in places of Divine Worship: Honour Age, and pity those that are distressed; Speak not at any time scornfully, or in a taunting way, but be courteous to all; and in so doing you will gain a good repute.

C H A P. IV.

Instructions for a Young Gentlewoman how to behave her self towards her Governess and Servants, &c.

BEing come to more years of discretion, there are many things requisite to be known that I have not yet mention'd; an Account of which, as they offer, I shall deliver in ther proper places: And, in the first place, I shall say something of a Governess; as also of the Maid-Servant that is to attend her, &c.

As for your Governess, if discreetly chosen, she must be a Woman of gravity and discretion, learned in curious Arts, such as you are desirous to improve; and although her Age render her reserved, yet must you not censure her as ridgid, but comply with her lawful Commands; and by your mildness and industry move her to gentleness, refraining to make Complaints, especially unjust ones; for in disapproving of her, whom your Parents set over you, you tax them with Imbecility in chusing, and by that Complaint will either incur their displeasure, or, by removing your Governess, perhaps procure a worse: which causing, undoubtedly, a second Complaint, will possess your Parents with a jealousy of your untractableness and ill disposition.

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First, then to qualifie your self to understand the quaint, modish and courtly Expressions, it is convenient that you learn the *Latin*, *French*, and *Italian* Tongues, not only by Rote, but by Rule and Grammar, the better to understand them, since the most refined *English* has borrowed from these Languages, and without this knowledge you will be at a loss to understand those that utter high Phrases in the Court-Air, as they term it; nor in this case must you be ignorant in Singing, Dancing, and Playing upon Musick suitable to your Sex; though in Exercising your self herein, you must be very modest and moderate, your words on all occasions few, yet to the purpose; Discretion, Silence, and Modesty, being the Ornaments of the Sex. And as Society is that which all Creatures naturally covet, so, if it be well chosen and managed, it is recreatory to the Body and Mind: but as bad Society is worse than none, so is it to be avoided.

Wherefore be not easily won to enter into discourse with those you know not, unless some urgent business require it, lest you be suspected of Levity and Indiscretion. Always observe to consort your self with your Betters or Equals, knowing them to be virtuous; and avoid too much familiarity with Inferiours,

unless you find them very discreet, lest you fall into contempt, if Female: or if Male, lest you give them encouragement to make their Addresses of Courtship, and by subtil ways insinuate themselves into your good liking: Love, that takes the Diadem from Queens, blinds; and Passion distinguishes not Servility from Greatness: by which means, though you are high in Birth and Fortune, you may be brought to a yielding, which may turn to the grief of your Parents, or perhaps to their and your own disgrace. And in this case pre-
pare not too much upon your own strength, in interchanging Gloves, Rings, Ribbons, or such things which you may term Trifles, lest this kind of familiarity, Love by insensible ways opens a passage to your Heart.

Be not over-desirous of being seen often, for Reputation sake, especially in places of resort, lest you expose your self to the Assault of the Tempter, and purchase that curiosity with the loss of your Honour, by giving Licentious Amourists liberty to meet you in your walks, and by powerful persuasions to listen to their Syrens Charms, whilst you are no longer capable of mastering your Affections: nor trust too much to Female-Confidants, for their own advantage, they persuade you to a yielding.

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As for your Dress, let it be neat, but not gaudy, for Vertue is comely in any Dress and be content to appear in your native Beauty : Let your Dressing-time be short, and your Recreation moderate: In your Speech or Behaviour shun all Affectation; and be not over-fond of new Fashions; let your Dress make known you are no friend to Formality. When you enter a Room to pay your respects to your Parents, Superiors or Equals, let it be done with a grave and modest Countenance, making your Curtzies at three Approaches; and in the same Order retire. When you sit or walk with any, observe that you do not rudely take the upper hand, nor express any words that may give offence. Never speak evil of any behind their Backs, for those you speak it to, may imagine you will do as much by them. Keep your Eyes from wandring. Stare not much full in the Face, nor cast private Glances. Do not Flout, nor be loud in Laughter, lest by straining your Mouth, Wrinkles appear in your Cheeks and Forehead, you thereby become deformed, or appear much older than you are. Wherefore in all things observe to behave your self modestly and discreetly abroad and at home, that you may become an Example to others, and thereby deserve the Imitation of and Applause.

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C H A P. VI.

Instructions for a Young Gentlewoman to Manage her Gate and Gesture; to Govern her Eyes and Tongue, &c. upon sundry necessary Occasions.

IN this case observe that you walk not carelessly or lightly, shouldering, as it were, your Companions, nor strutting or jutting in a proud manner; Keep (in your walk) your Head steady, your Countenance not too much elevated, nor dejected; keep your Arms likewise steady, and throw them not about as if you were flying: Let your Feet rather incline a little more inward than outward, lest you be censured Splay-footed; for by the motion of the Body, the thoughts of the Mind may be discovered: as whether the Party be of loose or proud Behaviour, or humble and complacent. Do not run or go extream fast in places of Concourse, unless great occasion require it; for in such violent motions it is not always in your power to keep your Body steady; nay, by too much haste you may chance to fall, and expose to view what you would conceal. And as the Gesture of the Body is seemly and commendable, so is the Management or Government of the Eye; in which many things are to be observed, and chiefly these.

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Keep your Eyes within compass; that is, let them not be too much fixed upon idle and vain objects, nor drawn away by unseemly sights; roll them not about in a careless and lascivious manner; nor stare Men in the Face as if you were looking Babies; Send not private Glances; or look, as they call it, with half a Face, turning your Head, as it were, aside: Look not at any time over you Shoulder, if you have opportunity to turn your self: Open not your Eyes too wide, thereby to distort your Countenance; nor keep them in a manner half shut. Wink not too often, nor cast your Eyes ascant, as if you squinted; neither keep them too reserved; nor scornfully turn them away when any Object offers. Look not too much downward; nor with a more than ordinary Elevation. Gaze not often against the Sun, nor on the Fire, both of them impair the Lustre of the Eyes. When you discourse with a woman, look her in the Face with as much composedness as you can: but if with a Man, to look a little downward; for modesty is commendable: But, above all things, as often as opportunity will permit, lift up your Eyes to your Redeemer, and, with holy *David*, implore him, to *turn them away from Vanity*: for the Eyes being the Windows of the Soul, lets in Good or Evil, according as it fixes, or is intent upon good or bad Objects; therefore chuse the former, and refuse the latter. Let

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Let all your Discourses be to the purpose, and suffer not your Complements to be high-flown, extravagant, blunt, or nonsensical; but, in all, suit them with modesty, to the capacity and quality of the person to whom you utter them; and see they be done on fit occasion, and in season; be sure not to Congratulate persons, when you should Condole them; use in your utterance no Hems nor Stammerings; Sputter not as you speak, nor speak many Sentences between breathings; use no Tautologies or affected words or lisplings; neither speak, with a Tone: Gaup not, nor stare with your Eyes; Point not with your Finger, nor express in your discourse those insipid and insignificant words of *De-ye see, de-ye hear, understand-ye me, mark-ye me, said-she, said-he,* or the like; for you can never be an Oratress, if you accustom your self to 'em; never talk too long, thereby to tire your Auditors, nor broach an unseasonable discourse; observe that you interrupt not any person when he or she is speaking; and what you speak, let it be with deliberation. Some there are that affect silence, and are little heard in any Company. Let me tell you, Ladies, this is an Error, and implies the party extremely reserved, and not desirous of Society; or that her understanding is so weak, she dares not

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trust her Tongue to utter the sense of her Soul. Never strain your words to a pitch of Eloquence, that the *sound* is more admired than the *sence*; but let a moderate flourish rather suffice, and comprehend much in a few words: Decline to speak much before Gravity, and multitude of years, unless urgent occasion require it; and beware that you speak not till you are bidden to hold your Tongue; for indeed Womens discourse should not be much, because Modesty and Moderation is her Ornament, and are in themselves a moving Rhetorick. And when you have opportunity of discourse, let it not taste of Confidence, Affection or Conceitedness, nor border upon Obscenity. These things considered & practised, will render your Discourse acceptable, and free you from the censure of the Wise and Judicious.

C H A P. VII.

Directions for a Young Gentlewoman how she ought to be seen in her Habit or Apparel; and what Garb is most commendable, and otherwise, according to the Quality of the Wearer.

THough God has framed Men and Women beautiful and seemly in every part, yet it is no ways disagreeable to his Will, that Na

ture should be improved by Art, to render a Creature he highly regards, the more commodious : as appears by his Cloathing our first Parents with more durable Garments than they themselves had provided to cover their Nakedness; nor is it Pride to go neatly attired, for by that the parties discretion is better known than her Fortune, and the Body kept in a due proportion and order.

It matters not, of what Stuffs or Silks your Clothings are made, so they be decent and civil; neither by their ridiculousness discovering the Wearer foolish and slovenly; nor by their gaudy and careless putting on, to render her suspected of loose or light behaviour, or at least wise subject her to the censure of the ignorant. Apparel may be rich, and yet decent; and indeed, whether it be rich or not, if decent, the matter is not great; though, in this case, I leave it to the discretion of young Gentlemen, or those that provide them Apparel, to let it be suitable to their Quality or Fortune, and will not be of the Morose and Cynical temper of some, who either believe, or spitefully give it as their opinion, that gorgeous or glittering Apparel is the Attire of Sin, and suits with the Pride of the Wearers heart; but I am persuaded that the Quality of the Person extenuates

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the Quality thereof, and renders that opinion vain and frivolous. Since we read that Noble Women, in all Ages, went in sumptuous Attire; nor was it indecent nor unbecoming the Character they bore; yet rarely find they were given to covet various Fashions, but contented themselves with such Adornments as became their Modesty.

Yet, I must confess, there is a kind of privilege in Youth to go gay; which, should I too severely reprove, I might justly merit your displeasure; yet that Gaity may as well be in Decency as otherwise, the use of Apparel being to dignifie the wearer: Nor does a Virtuous demeanour more lively appear, than in Look, Speech, Gesture and Habit, within the compass of Modesty, though Diamonds, Gold, and other precious things, were made for use; and without being employed, would be ineffectual: Therefore to wear them, in my Opinion, is one of the chiefest Ends for which Nature produced them, or Art brought them to a fuller perfection. The Pride in this case being only centered in the Mind, and not in the External Ornaments; which is rather known by the Carriage and Deportment of the Wearer, than by the Garments. And though to affect Novelty, and run into every Fashion, be not commendable,

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yet Moderation is not amiss; For two Reasons: As first, should you always keep in a fashion, though decent, it would be looked upon as a conceited singularity; or to continue in any strange garb, after the fashion is altered, would appear ridiculous, and cause laughter, especially amongst the ruder sort; as much as a Woman of Fourscore to be habited in the Garb of a Gentlewoman of Sixteen; or to see a Dairy-Maid in her Ladies attire: Therefore whatever you wear, let it be proportionably to your Body, and suitable to your degree.

In a word, Let your Vertue appear in gesture, by Humility and a modest behaviour; In your Looks, by a composed sweetness; In your Speech, by Affability, comprehended within the bounds of Moderation; and in your Habit, by Decency, and a regulation suitable to your Birth and Fortune; whereby you will gain an Esteem more valuable than whatever you can otherways propose to your self.

C H A P. VIII.

Instructions for Young Gentlewomen how to proceed in their Seasonable Recreations; and what is to be observed therein.

A Ball, amongst other Recreations, is much in esteem with Young Gentlewomen,

men, because there they are sure to meet their Compeers in merriment; yet lest at such a place a Young Gentlewoman by her folly or unadvisedness expose her self to Laughter or Contempt, observe, that if you understand the Rules of Dancing, yet be not too forward to engage your self therein, lest you intangle your self so far, that you are puzzled, and at a loss, perhaps for want of understanding the Rules and Formalities practised in that place. And as you ought not to be too forward, so be not too hard to be persuaded, or abruptly, in a huffing humour, force your hand from any that offers to accommodate you, but rather run the hazard of an error or mistake in your performance, than let the least pride or rudeness appear; or give those that are present, occasion to think you are subject to either.

In this case, be not by any means, affected; nor when you undertake to Dance, be not tedious, but perform what you undertake with Modesty and Moderation, that by a quick dispatch you may give way to others.

As Dancing is an External Accomplishment; so *Vocal* Musick is an Internal one, yet they may indifferently serve for either, though the last is preferred; therefore if you are expert in your Notes, &c. and can Sing well, when you

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you are in Company, upon the intreaty of a Friend, who knows you so qualified, be not obstinate in complying; yet be brief, and let your Song be such as may give no offence: and when you have done, look not as if you expected Applause, but keeping your Station with a composed Countenance, give way to another to second you, if any present is desirous, or can be prevailed with to do it; observing never to cough nor strain when you enterprize it, nor to stop in the middle to crave attention: And the like observe in your playing on Instrumental Musick, not in that Point being tedious in commencing your Harmony, when others do the like: give attention, not interrupting them with discourse. And in this case let both your Songs and Tunes be modest, ingenious and pleasant, avoiding what may tend to the corruption of good Manners.

In Limning, or Drawing to the Life, many Young Gentlewomen, as well of former as latter times, have exercised their Parts, and in that Curiosity found much Recreation; it being, in my Opinion, an Art suitable to the accute Wit of *Female Sex*: Nor is Poetry to be rejected, for by that is the Mind enlivened, as it were, and tuned to the Harmonious Numbers of the Muses, and furnished with lofty Expressions.

Next to these, Engraving may take place, a thing practised by many Vertuous Gentlewomen: but amongst solitary Recreations, if they may be so termed, Reading of History, or such Romances wherein Vertue and Gallantry are lively pourtrayed; or such as contain Stories of chaste and virtuous Love, are to be preferred.

These being allowed, I think it not amiss to advise Young Gentlewomen, at leisure hours, to recreate themselves in seeing Stage-plays, wherein many things are represented, that by due Construction, may redound to their improvement in understanding.

And the principal thing to be considered in this case is, how you ought to keep within compass, and not run into excess, or any ways give offence, damage, prejudice or scandal to any; or by immoderate pursuing it, impair your health or Reputation.

C H A P. IX.

Instructions for the Guidance of a Young Gentlewoman's fancy, in relation to Love; and how she ought to behave her self towards those that seek to gain her in Marriage, &c.

THAT Young Gentlewoman arriving at maturity are prone to Love and Liking, it would be insignificant for one to relate, seeing it

it is so well known ; the Eye and the Ear being seldom wanting to convey to the Soul what is desirable ; the one charming it with beautiful sights, and the other with Rhetorical and melodious sounds ; yet give not these official members too much scope on this occasion, lest they insensibly ruin you, by betraying your Affections to what is sordid or inconsiderable ; but keep, as it were, a guard upon your Heart, to prevent the entrance either of a lawless or disadvantageous Passion. Consider well before you give way, even to imagination, weigh deliberately each particular, and be seriously intent on what is to come, as well as what is present, not suffering your self, for the present satisfying your Appetite, to be carried away with the Torrent of a Passion, that will unavoidably carry you into the gulf of Misery. Man indeed is a noble Creature, and for his sake Woman was made, and therefore ought to be complacent ; but being left at liberty to chuse where she thinks fit, it is more than common prudence to make such a choice to her humour. The former of which may, but the latter cannot be quickly discovered : But, above all, let not a Young Gentlewoman for Interest, or by over-persuasion, give her self to one she cannot affect, lest she dearly repent at leisure what is past redressing, there being

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nothing more grievous than a loathed bed, for that, most commonly, cancels all other Earthly Felicities; nay, many times shakes the very foundation of Modesty, and struggles with Vertue, till it enters at one door, and drives it out at the other. And this is too often the Parents cruelty to their Daughters, who being past the youthful pleasure of a Reciprocal Love, aim rather at their Greatness than their Happiness.

As for your Behaviour in this case, it must be grave and modest, though not fowre or too much reserved, lest it be interpreted for Pride, or want of Discretion. Blushes, upon sundry occasions, are very seemly; which, like moving Oratory, let your Lover know the little Flames of Love are playing about your Heart, and silently betray your Passion.

A kind of pleasing Love there is, which, though it have taken possession of the Heart, is either through modesty, or fear of failing if it were proposed, desirous to be concealed; not but that if these Obstacles were removed, they would freely discover it. And this, Gentlewoman, is on your part, who love those that are ignorant in your Passion; yet did they know it, would be more transported than your selves. And this you strive to express by the silent Language of the Eyes; nor

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is it always in their power to keep them from wandring. But in this, as in all the mystery of Love, move with deliberation, and let Caution be the scale of your Affection. Consider your happiness, or its contrary, depends upon the cast; and that there are many consequent matters or circumstances that a discreet Woman will not only discourse, but discuss, before she enter upon that Honourable, but hazardous, state of Matrimony: And these chiefly are to be taken Notice of, viz. Disparity in Descent, Fortunes and Friends, frequently beget distraction in the mind: Disproportionable years create dislike; and loathing obscurity of Descent, begets contempt; and inequality of Fortune, discontent. These are the hazards to which unconsidering Lovers expose themselves; these the Rocks on which they shipwrack their Peace: And yet herein you ought to be contented, if once it is past redress.

As you ought to be slow in entertaining Lovers, so be constant in retaining one that is worthy, that you may thereby gain a greater esteem. Boast not of the multitude of your Suitors; nor be proud that you are admired above others of your Rank and Quality. Give not those you cannot fancy ground to believe ye do or will love them; neither by rudeness,

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unseemly words or carriage, any affront; but decline, as much as with modesty and civility you may, their company; giving them as little opportunity as may be to find you alone; nor receive any thing from them by way of Presentation, lest, when they find they are rejected, they exclaim against you as mercenary, or one that gives way to Courtship for your advantage. Be not covetous of Strangers acquaintance on this occasion; nor rely too much upon a Female-confident, lest the one prove troublesome, and the other pick-locks your Breast of those Secrets you are not desirous to publish. Whining and sneaking Pretenders are to be avoided; also such as strive with Tears and Imprecations to possess you with an opinion of their good meaning: But where Manly Beauty, bravery of Spirit, Moderation in Speech, and a greater readiness in performance, than in promising, are centered in one Person; who tempers his Actions with discretion, humility and sobriety, you ought to be complacent; and if such a one fall to your share, imagine your Lot is cast in a fair Land; and till you find such an one, let not your Affections loose, if you can possibly restrain 'em; shun Temptations; Avoid, above all things, Ease, Idleness, the Reading of Debauchery in Books, or too much Pampering
your

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your self with lascivious Fare; for these are Incitements to wanton Love.

Ease makes you Love, as that o're-comes you Wills;

Ease is the Food, and cause of all your Ills.

Gentlewomen; Let me intreat you never to be so desirous of Marriage, as desirous to be Married well, for that is the center to which Discretion ought to tend; though some, more forward than wise, think, if they get a Husband, they have their Ends. And before you enter into this Honourable Estate, lay aside all childish Behaviour, wanton Fancy, and what else is inconsistent with Gravity: and so being happily Married, you may promise your selves many days of pleasure and true felicity.

C H A P. X.

A brief Discourse of the Honourable State of Matrimony or Marriage, &c.

THAT Marriage was ordained and appointed by God himself, is beyond all peradventure; who, in his Eternal Wisdom, thinking it not fit for Man to be alone, made him an *Internus sensus*, a second self.

Great indeed is the Blessing, and more than can well be expressed; in the World there is nothing more beautiful or comfortable; it is a sweet Society, full of trust and unshaken Loyalty; a Fellowship, not of unruly and distempered Love, but of intire and indeared Affection; the one being as different from the other, as heat from cold, dryness from moisture; as the inflamed disorder of a Fever, to the temperate and natural heat of a healthful

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ful Body. Wherefore I pronounce those that Marry to their content, and are united in the Chastidements of Reciprocal Love to be truly happy; the Wife being the Joy of the Husband, and the Husband the Consolation of the Wife, who takes care to protect her from Violence and Reproach on all occasions, and is as tender of her Fame, as his Life: And besides these, this happy State produces, a happy Off-spring, the Pledges of chaste connubial Love, not only as a present Blessing, but a comfort and support in old Age.

C H A P. XI.

Instructions for a Young Gentlewoman, when Married, how to carry and behave her self towards her Husband, &c. as becomes a Virtuous Wife; or Family-Directions in order to a Happy Life, &c.

Above all things, repine not at your lot, when it is fallen to your share, but weigh your condition in the scale of Content and Discretion, and it will be the better supported.

If your Husband be very young, and given to Excursions incident to youthful frailty, let your riper experience bring him to a better understanding, and your usage more ease, than to attempt by extremities to wean him from what he affects; but rather let your good Example, modest Reprovements, and the course of time work upon his headstrong Nature; and either through shame, or a reform of Judgment, he will be brought to be himself; for doubtless Conjugal duty, tempered with softness and affability, is of force to conquer the Morosest temper.

If your Husband be much superiour to you in Years, so that he is not as compliable as Youth, yet
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let his Years beget in you a greater Reverence and Respect; and let his sage Instructions be your Rule, and the square of your Actions; keeping in all things his Counsel, and not suffer so much as an unchast Thought to defile his Bed; Locking up his Counsels in your Breast as a sacred Cabinet of Trust, and bear with his infirmities, being in his Age a Staff to support him, and a hand of help upon all lawful occasions.

If your Husband is Exalted in the World by Riches or Honour, let not your Mind be puffed up. Though after Marriage you find your self not so happy in the things of this World, as you expected; but that, on the contrary, you are griped with the pinching hand of Poverty, let the poor condition of your Husband add to your Vertue, in furnishing you with Patience and Meakness; for there is not that dangerous want, some imagine, where there wants no Content.

The more particular Duties of a Wife, are chiefly these, &c. To esteem him above all others, not to entertain any mean or low thoughts of him or his Actions, but in all things to give him a due respect; and in due observance of what is lawful, strive to encrease his repute amongst Men, rather than in the least to diminish it, that in so doing you may own him the superior Vertue, and not by your indiscretion betray his weakness, or rather your own; for so have the wise and vertuous Women of all Ages done.

Be peaceable and pleasant towards your Husband, not being angry when he is at any time so, but pacifie him with winning and obliging words; and

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and if you should carelessly, or otherwise, raise him to a Passion, be not long e're you apply yourself to appease it, by shewing a regret, or kind relenting, for what has occasioned it, or by sound reason let him understand his Error; and prepare for him what is necessary in due order, with all imaginable neatness and advantage; shewing above all things, respect to his Friends and Relations, whether abroad or at home; which must of necessity create in him a greater portion of Love and Respect for your self.

As for your Children, bring them up in the fear of God, and in duty and obedience to your selves, that it may be well for them and their posterity; for those are the indearing pledges of Conubial Love, that more nearly cement the hearts of Man and Wife, and are the summ of their Earthly felicity.

Observe, that what your Husband commits to your Management, let it be done cheerfully, carefully, and with prudence, to the best advantage, and that nothing be wasted and spoiled to his detriment by your self or Servants; but so live, that the springs of Love, if not of Prosperity, may ever flow to water your Hearts with joy, and render Life comfortable; and you thereby be the better enabled to serve your Maker.

C H A P. XII.

Instructions for a Gentlewoman Married, how she ought to carry her self towards her Servants, and in the ordering her Household Affairs, &c.

AS a Gentlewomans care, next to that of her Husband and Children, ought to be in the Well-

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Well-government of her domestick Affairs, that cannot consequently be done without a due regard in her proper Person, the ill-conveniency of too much confidence in second Management, being too frequently apparent: And this must be done, besides what you set your helping-hand to, by inspecting the Actions of your Servants, and by behaving your self towards them as you ought, that your good Example may be their Guide.

In this case, and any other, avoid Passion, and be not Rixarious, for either of these ill become a Gentlewoman; your main business with your Servants being to see they do what is fitting, and that they lavish not out, nor waste that wherewith you intrust them; for this being neglected, the fault will be charged upon your self.

C H A P. XIII

Instructions for Self-preservation, or Rules for the preservations of Health and long Life; wherein is laid down the Use of Virtue, &c. of Herbs, Roots, Plants, &c. that every one out of their Gardens, &c. may be provided with necessities.

FOR the Preservation of Health, Temperance, and Moderation in Meats and Drinks, are chiefly to be considered according to the Strength, Weakness, or Constitution of the Body, for from these Allurements, the humours, good or bad proceed, strong Meats, for weak Bodies and bad Digestion, turn to nauseous Humours that afflict Nature in her working; and therefore to be avoided, unless Extraordinary occasions require them to repair a Weak or decaying Frame, and then not to be taken, but with Caution and Moderation,

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tion, for we have all along observed, that those who observe it, do the best preserve their Health; And seasonable times ought to be taken in Meats and Drinks, that a perfect Digestion may be had, least one Intrenching upon another, hinder the working of Nature in a due Concoction, and turn the Indigested Matter into bad Blood or Humours and so make the Body uneasie, and in the End generate Diseases.

Consider again, that several Meats and Drinks are of different qualities, and so being contrary to each other, like different Elements, War in the little World of Man, and create disorders like heat and cold, encountering in the Clouds, or in the Caverns of the Earth. Roots, Fruits and Herbs, are held by many to be most Consonant to Nature, and the Constitution of the Body, from whence proceed a Light and Fluid Nutriment, easily dispersing it self into the Branchy Veins, and nourishing every part^s, yet those of Flesh, Fish, being moderately mixed with these, no doubt, render a more strong and healthful Constitution; however, to preserve Health and long Life, as we have said, Moderation in all things is best, and so from these Generals, we proceed to such profitable Observations, as may render the meanest Capacity capable to preserve, or supply the defects of Health in proper Physick.

C H A P. XIV.

The Virtues, and Physical Natures of sundry kinds of Fruits, for the nourishment of the Body, preservation of Health, and long Life.

AS Liquors made of English Fruits, are the most Natural and Healthful for English Bodies, so
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the Fruits themselves much Contribute, if advisedly Eaten, to the encreasing good Blood, helping Appetite and Digestion, and in grievances and Diseases, give ease and Remedy, as has been Experienced and Approved by the wisest of Physicians, in this Order.

Apples, being roasted, and Eaten with Rose-water and Sugar, helps Melancholly; are good against the Pleurisie and Strangury.

Pears breed good nourishment, and being roasted, and the Pulp drank in White-wine, they cheer the Heart, remove Obstructions in the Kidnies, Uriturs, and cause Easie making Water.

Red Cherries breed good Blood in the Body, and ease violent Fevers, if boiled in Posset-drink, and the Kernels of Cherristones break the Stone in the Bladder, they strengthen and stir up an Appetite.

Plumbs cast out Cholerick humours, and are good in hot Diseases.

The Infusion of dry'd Apricocks, is a Cordial in violent hot Distempers.

Peaches are cool, and keep the Belly soluable, and are good to cleanse the Bowels and remove Inflammations.

Mulberries are great coolers, and good in time of Pestilence, or Spotted-Fever, and the Wine made of them, breeds good Blood, is good for sore Mouths, or Throats, and stir up a weak Appetite.

Figs nourish very much, and breeds store of Blood, and are very Restorative, they help Old Coughs if boiled with Kysop.

Medlers fortifie Digestion, stay Vomiting, loosen the Belly, and boiled with Parsley, are ex-

- ceeding good in case of the Stone or Gravel.

Walnuts distilled when green, are good against the Plague, resist Poyson, and any Pestilential Airs, the Kernels helps Digestion, and fatten the Body.

Quinces are admirable coolers in all hot Diseases, and boiled or made up into Marmalade, are very nourishing, and breeds good Blood.

Nuts and Philbers, cleanse the Body of gross humours, remove obstructions in the Wind-pipe; they fatten the Body and breed little Blood, as being of a dry Constitution.

CHAP. XV.

The Nature and Physcal use of Herbs, Roots and Plants, with their properties, and other things conducing to Health, &c.

THE Joyce of Liverwort and Nettles, with Sugar-candy, Remedies the Consumptive Cough.

Fumitory, or Savin, smoaked under the Nose of those that are in Falling-fits, restore them.

Dry'd Saffron drank in Wine, clears the Heart, and drives away Melancholy.

Fumitory, Scabeous and Fennel, boiled in Milk, ease pains in the Head, and heaviness of the Eyes.

Bugloss, and the Joyce of Yarrow, dropped into green wounds, stay Bleeding, and ease the pain.

Boil knot Grass in Milk, and it provokes Urine.

Hysop, Penny-royal, Parsley-roots, and Licorish, boiled in small Ale, removeth Flegm, and the obstruction of the Lungs.

For pains in the Side, Take Mallows and Groundfil, and stamp them into a Poltis with Hogslard, and lay them hot to the place.

Elder-Leaves, or the Bark laid to the Soles of the Feet, draws away the heat of the Fever.

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Mayweed, or wild Cammomoil, boiled with Licorish, Figs and Sugar-candy, easeth the Gripping of the Guts, Cholick, or pains in the Belly.

Helebore-root boiled in Posset-drink, kills Worm and cleanseth the Stomach. The Leaves stamped and laid to the Temple, prevent Phrensie.

Cammomoil and Hembane boiled, and applyed Poultswise, Ease the Gout.

The Juyce of Orpla and Honey, ease the sore Throat.

Smallage and Mallows are the best Poults for a hard or soft swelling.

Rosemary Juyce drank with white Sugar, removes Obstructions of the Liver, and purifies the Blood.

Endive is good in hot Diseases, being either boiled, or the Juyce taken in Wine.

Strawberry-Leaves and Wood-Sorrel are cooling in Fevers.

Parfnips are very nourishing, fatten the Body, and are good against the Spleen.

Turnips are cooling, moist, and of good nourishment to sanguine Bodies.

Carrots are hot and moist, and nourishing to any Constitution.

C H A P. XVI.

Considerations on Herbs, as to their Quality of Degree, as heat, moisture, and their Operations on the Bodies of men or Women.

Borage is opening, hot, and moist in the first degree, Balm is opening, hot and dry in the first degree, Bettony is hot and dry in the second degree, Water-cresses are opening, hot and dry in the second degree, Coleworts are dry and binding

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binding, Cherries are binding, cold and moist in the second degree, Currans are cold and moist in the second degree, and binding, Clary is hot and dry in the third degree, and binding, Endive and Succory are cold and dry in the second degree, and opening, Fennel is hot in the second degree, and a *Medium*, Goosberries are cold, dry and binding, Garlick is hot and dry in the fourth degree, Grounfil is cold moist and opening, Hysop is hot and dry in the third degree, and opening, Lettice is cold and moist in the third degree, and opening, Marjorum is hot and dry in the third degree, and a *Medium*, Mint is hot and dry in the third degree, and binding, Mallows are hot and moist, moderately opening, Marigolds are hot in the first degree, a *Medium*, Mulberries cold and dry in the third degree, and opening, Onions hot and dry in the third degree, opening, Hazel-nut hot and dry in the first degree and binding, Purslain cold in the third degree, and a *Medium*, Plumbs cold and moist in the second degree, and opening, Peas unripe, cold and moist in the first degree, and opening, Parsley hot and dry in the second degree, and opening, Penny-royal hot and dry in the third degree, and opening, Radishes hot and dry in the second degree, and opening, Rosemary hot and dry in the second degree, opening, Thyme hot and dry in the third degree, opening, Wormwood hot and dry in the third degree, Sorrel cold and dry in the third degree, opening, Sage hot and dry in the third degree; opening; and by this rule you may know how to use Herbs, &c. in any Medicines according to the Constitution of your Body for Health's sake.

F I N I S.

